# PORTFOLIO

*Pritam Singh*

**ASSISTANT**

ART DIRECTOR

## COVERS

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TO REVAMP YOUR SPACE
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Superfoods Move Into Skincare
INSPIRING MAKEOVERS
HOW 5 WOMEN CHANGED THEIR LIVES
EDIBLE FLOWERS And Why They're Trending
PLAY WITH COLOUR
COOL COMBINATIONS, ACCENTS & IDEAS FOR A VIBRANT HOME

fresh
IDEAS FOR LIVING WELL
Under Wraps
Showcase favourite scarves around the home with these easy-to-make projects.
Vibrant Vases
Dress up a pair of vases for a party by tying scarves around their necks.

fresh
IDEAS FOR LIVING WELL
TAKE IT TO BED
Use scraps of coordinated fabrics to create this cool, modern patchwork-effect headboard.

style
LOOK GOOD, FEEL GOOD
SECOND ACT
Actress and theatre personality Vidushi Mehra, shows us how to dazzle the audience in simple, sombre whites. Follow her cues.

Sports Illustrated
INSIDE: JUL-AUG '18 PLANNER POSTER
SPECIAL ISSUE
SECOND SERVE
ON TOP OF THE WORLD
AFGHAN SPRING
LEADING THE CHARGE
KIDAMBI SRIKANTH
SPORTSPERSON OF THE YEAR

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Breathable Fabrics
Earthy Terracotta
Bag Gardening

home
WHERE LIFE HAPPENS
Pretty in Pink
A young woman's passion for colour and travel inspires a stylish apartment where pinks, blues, and bronzes look more glamorous than ever.

food
FRESH FROM YOUR KITCHEN
JUST PICKED Fresh flavours are here to stay. Add spunk to garden fresh vegetables with simple, sprightly salad dressings or grill for fun.
1 CUCUMBER RELISH
2 VEGGIE SURPRISE
3 ORANGE DRESSING

Top: Ankita Choksey; Skirt: Marks & Spencer.

# scripting her own destiny

WHEN NOT AMAZING THE WORLD WITH HER STORYTELLING PROWESS, SHE'S READING TALES TO HER DAUGHTER AND DISCUSSING STORY LINES WITH HER HUSBAND. TISCA CHOPRA, PROTAGONIST OF HER OWN LIFE, TELLS US WHAT RULES HER HEART AND MIND.

TEXT BY MEGHNA MENON | PHOTOGRAPHS BY ABHAY SINGH
CREATIVE DIRECTION BY ANURADHA SEN | STYLING BY MOHIT RAI

"I AM A FAN OF PROGRESSIVE silhouettes. Currently, I'm **loving things** that are **structural** and organically-made."

Dress: Piro by Aneeth Arora; Jewellery: H. Ajoomal.

Hair and Makeup by Bianca Lourado.

"**This is my favourite corner** where I daydream and watch the birds and butterflies. I sit here for hours." —Dia Mirza

**THE STORYBOARD** The wall here sports a mix of quirky art and personal photographs.

## DIA'S BEAUTY DIARY

- **THE MEANING OF STYLE:** A sense of ease and a reflection of who you are.
- **PERSONAL STYLE:** Easy, feminine and fuss-free. I can't be dowdy; I am a neatness freak.
- **QUICK TIP TO GO GLAM:** A great blow-dry, winged liner, strong lips and dewy cheeks, a simple dress that fits well and a pair stilettos.
- **BEAUTY MANTRA:** Mascara and a stain on my cheeks and lips. I use an alcohol-free, natural makeup remover and never use soap.
- **FITNESS ROUTINE:** A combination of functional training and Pilates, 5 to 6 times a week.
- **SKIN SECRET:** It's genetic—my mother's amazing Bengali genes.
- **HOMEMADE REMEDIES:** When I've spent time out in the sun, I resort to fresh aloe vera gel before I sleep. Besides that, it's the standard ubtan—besan and milk.

# Kalki Unplugged

WEARING HER CELEBRITY STATUS LIGHTLY, THE ACTOR TALKS TO *BHG* ABOUT INDULGING HER OUTDOORSY SPIRIT, THE IMPORTANCE OF SPEAKING UP ABOUT ISSUES THAT MATTER, AND HOW SHE IS THE UNDISCOVERED MEG RYAN OF INDIAN CINEMA.

TEXT BY MEGHNA MENON
PHOTOGRAPHS BY TARAS TARAPORVALA
CREATIVE DIRECTION BY ANURADHA SEN
STYLING BY KRISHNA MUKHI

Dress: Pink Pu Rose; Sandals & Rings: Ogaan; Earrings: Pipoli & Sons.

# BREAKING THE MOULD

ACTOR RADHIKA APTE HAS CREATED A NICHE FOR HERSELF IN THE INDIAN FILM INDUSTRY WITH OUTSTANDING PERFORMANCES IN A RANGE OF ROLES. AND WITH MORE THAN FIVE RELEASES LINED UP, SHE'S ALL SET TO BE 2018'S SHINING STAR.

TEXT BY NANDINI BANERJEE | PHOTOGRAPHS BY PRABHAT SHETTY
CREATIVE DIRECTION BY ANURADHA SEN | STYLING BY KRISHNA MUKHI

It's 11:00 pm on a Wednesday when I finally get to speak to Radhika Apte. She is on the road, returning from Pune to Mumbai after an all-day event and is obviously tired, but doesn't mention her fatigue. In fact, the interview took a fair amount of coordination given Radhika's check-a-block schedule. Even though she didn't appear on the big screen in 2017, she's spent the year working non-stop. Films, commercials, events, shoots, appearances and balancing a bi-continental life, her time continues to be strictly rationed as 2018 promises to be one of the biggest ones for the actress. It starts with Patrick Graham's horror flick *Ghoul* this month, followed by the Akshay Kumar-starrer *Padman*, where she plays his wife, releasing on January 26. Then there is *Sacred Games* for Netflix with Saif Ali Khan, Nikhil Advani's *Bazaar*, *Shoot The Piano Player* with Sriram Raghavan and Ayushmann Khurrana, and *Bombay Talkies 2* with Anurag Kashyap in which she has collaborated with the director to pen the story. "You will get to see me a lot in 2018," she laughs.

## ROLE PLAY

Radhika is not your stereotypical actor—her career trajectory is unlike that of her counterparts. Her characters are not 'running around the trees' and her performances have always drawn acclaim. And unlike most actors who maintain a steady pace of churning out movies, Radhika has done the disappearing act from the silver screen several times over, but always returned with something powerful. Be it *Antaheen* where she played a young, fiery journalist who is a closet romantic, or *Badlapur*, where she's a wife caught in the cross-fire of her husband's misdeeds or *Phobia*'s agoraphobic artist, Radhika's choice of roles reflects the range the actor has explored. She's

**Blazer:** Abraham & Thakore at Bungalow 8; **Top:** The Bungalow; **Pant:** Sanskar by Sonam Dubal at Bungalow 8; **Shoes:** Stylist's own.

## Ishrat Sahgal

FOUNDER, MISHCAT CO (MISHCATCO.COM)

When Ishrat Sahgal returned to India in 2013 after majoring in interior architecture from the Rhode Island School of Design, she noticed a gap in the carpet industry. Designs were the de rigueur neutral-coloured, too expensive or too similar, Kashmiri, traditional, and featuring wool or flat silk. A fine arts enthusiast, and wanting to treat carpets as a canvas, Ishrat, 28, set up Mishcat Co in Delhi the same year. Today, the brand is known for its stunning, upcycled carpets crafted from leftover sari silk yarn, and also offers interior consultancy.

**WHAT SETS MISHCAT CO CARPETS APART?**
Our complementary design consultancy helps each space reach its fullest potential. Once you have a rug from Mishcat (a childhood nickname) on the floor, it acts as a focal point, and everything else can be subtle or eclectic, as per your aesthetics. Due to sari silk's nature, every carpet is unique.

**DO YOU FEEL THAT YOU HAVE FILLED A GAP IN THE INDUSTRY?**
Yes, and that has been most exciting. For eons, the carpet industry hadn't had any innovation and what we saw were the same old things. Our idea is to change the way people look at carpets.

**YOUR INSPIRATIONS?**
I'm constantly inspired by the bodies of work and passion of a lot of artists and designers across disciplines—painters, sculptors, architects, among others. But, I believe that original inspiration comes from the source, and that one can find beauty in the most unexpected places.

**STYLE TO YOU IS...**
...being comfortable in my own skin. It spans across mediums—your clothes, your home and your conversations. A truly stylish person is holistic in his or her style —it isn't defined by the brands you wear or the colour of your lipstick.

**ADVICE TO ASPIRING STYLEMAKERS?**
Question the normal and find your way of doing things differently. People feed on passion and that reflects in whatever you have created. Also, dream big

THE BESTSELLER: THE LUMINOUS IKAT KHOYA CARPET.

NO TWO CARPETS ARE THE SAME AT MISHCAT CO.

FAVOURITE DESIGNER: ITALIAN ARCHITECT CARLO SCARPA

"In some ways, the brand is an extension of my personality. The voice it takes on is like an organic conversation that I would have with someone."

*As told to Meghna Menon*

## Rukmini Ray

FOUNDER, EDITOR AND STYLIST, TRUMATTER (TRUMATTER.IN)

Most bloggers love colours—muted or obvious—yet Mumbai-based Rukmini Ray, 31, blissfully blogs at Trumatter about embracing the negative space (everything white), from her, not surprisingly, all-white home. Having started the blog in 2010 as a way to document changes she was bringing about in her tiny rental, the award-winning blogger now has an ardent following of people who admire her sense of style and courage to be unique. She is soon set to launch her lines of fabric, tiles and wallpapers.

"I love designer Rachel Ashwell's style as I'm a fan of shabby chic. But my latest muse is artist Justina Blakeney, even though our styles differ."

**WHAT HAS THIS JOURNEY BEEN LIKE?**
I've learnt an immense lot, the most crucial being this: Content is still the king. The second is being consistent. Once these two are sorted, be a marketer and market your blog holistically. There has to be discipline in all the three areas or you won't break the clutter. If you are true to your blog, you will shine.

**YOUR INSPIRATIONS?**
The most mundane—eat, everyday things. If you take a look at my home, nothing is designer or expensive or even very different for that matter. It's every-day things treated differently—through colours, patterns and styling.

**DO YOU FEEL THAT YOU HAVE FILLED A GAP IN THE INDUSTRY?**
I think so! As a blogger, I enjoy a very sweet spot. I know the designers and the audience just as well, and that gives me the opportunity to bridge the gap easily and effectively. When a brand or a designer wants to collaborate, I insist that I style the product in my home, so that readers can see how it can look in a real-life scenario and the designers can see the reaction the product or design is getting.

**STYLE TO YOU IS...**
... something that reflects you rather than what's in vogue. To me, it is comfortable elegance. I take cues from the word 'casual comfort' for my personal fashion as well as to decorate my space.

**ADVICE TO UPCOMING BLOGGERS?**
Start out as a journalist, a writer, a designer or a cook and then blog about it. Have a strong hold on your subject. Starting a blog because everyone's got one will lead to you losing interest. And don't expect instant results.

*As told to Meghna Menon*

ONE OF RUKMINI'S FAVOURITE READS ON INTERIORS.

STYLE FILES: SIMPLE TEXTURES AND A MINIMAL COLOUR PALETTE.

FAVOURITE COLLABORATION: STYLING CHUMBAK'S GOLD SERIES.

ALL PHOTOGRAPHS COURTESY RUKMINI RAY

### Strength training

Aerobics are great, but it's now more important than ever to add strength training to your regimen. Four hundred and fifty grams of muscle burns 50 calories a day. Women tend to lose 250 grams of muscle each year after age 30, which means by 40 they need 250 fewer calories daily to maintain weight.

To replace lost muscle and boost metabolism, women in their 40s should lift weights or do resistance training, such as exercises with an inexpensive resistance band, for 30 minutes to an hour at least twice a week. It is hard work but it will serve you well in the future.

"After starting strength training, my energy levels are better, I am toned, and have body definition."
Kim Thumel, 46

## your 40s

**Rapidly changing hormones and the stress of daily life** cause a woman's metabolism to hit the brakes in her 40s. Add a natural loss of muscle mass, and fighting fat becomes a daily challenge.

Women often gain weight when they hit 40 even while maintaining their diet and exercise routines. Blame it on the basal metabolic rate (how many calories the body burns in a day even when it does nothing), which drops by 0.5% every year after age 40.

With biological and environmental factors working against them, it's no surprise that women gain an average of four-and-a-half kilos per decade after age 40. And as menopause approaches, those extra kilos shift from the hips to the abdomen—the least healthy place to carry extra weight. Now is the time you can take control to stay slim in the future.

### Lean eating

For a healthy meal plan, stick to foods favoured by residents of the Mediterranean coastal region. Rich in fruits, vegetables, whole grains, nuts, beans, seeds, seafood, and olive oil, the Mediterranean diet has been proven to fight obesity (as well as heart disease, cancer, and other conditions). "The main thing to realize is that we can beat the aging phenomenon by eating properly," says Daisy Mercy, M.D., US.

### Stress & menopause

Most women begin the two to eight-year process of perimenopause in their 40s.

Try a stress-reducing activity, such as yoga, to help with the symptoms. "And if you do get the associated mood swings, remind yourself that this is just a temporary phase—you are not losing your mind," says Bali.

### Muscle loss

When your body is naturally adding fat and losing muscle, it's critical to eat more lean protein, which helps burn fat. Unfortunately, most women eat too many carbs, starting at the first meal of the day. "Everyone eats protein for lunch and dinner, but breakfast is a big problem," Mercy says.

Women should get 30 grams of protein at every meal. In the morning, swap toast for low-fat yogurt or an egg white omelet. Drinking a glass of protein-rich skimmed milk will help you reach your goal as well.

### Calcium

With bone loss reaching its peak in the five to seven years following menopause, it's imperative that 50-something women fight off osteoporosis by maintaining a healthy weight and by getting 1,200 mg of calcium a day, which may require a supplement.

## your 50s

**Keeping weight in check can be difficult during menopause,** which most women experience in their 50s. After menopause, women lose the monthly boost in metabolism they naturally received during ovulation. Plus, accelerated bone loss can make exercise more difficult.

Doctors sometimes recommend treatments such as oestrogen replacement to ease any severe symptoms, but often exercise is the best medicine.

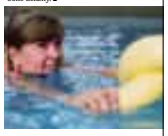
"Going through menopause is easier for people who have been exercising regularly," Steinbaum says. So don't stop being active.

Women who continue to struggle with weight may have hypothyroidism—a fairly common problem in women older than 50. Blood tests can diagnose an underactive thyroid, which is easily treated with synthetic hormones.

### Diet cheats

After menopause, there is little wiggle room for dietary cheats. Fried foods, refined grains, and sweets should be reserved for special occasions. Avoid overeating by tracking what you eat in a food journal.

"When you're young, you can have a little fun and not see weight gain," Frechman says. "If you splurge now, it will show up on the scale."



### Joint health

Bone loss can make exercise more difficult. As gravity begins to take its toll on the joints, it may be helpful to move away from high-impact exercises. Try water aerobics, which puts less stress on the joints because the water supports your weight.

Combine water aerobics with light exercise (such as walking) to help with bone density. ■

"I only eat treats during festivals, and it has really helped control my weight."
Veena Singh, 53

The home uses natural elements like sunlight, air and plants, along with lots of colour. This has been spruced up with artwork created and collected over time.

## Famous Mexican architect Luis Barragan loved colour

on a grand scale. In fact, his work was all about cobalt blues, summer yellows, sunset pinks and more, in gigantic proportions and fascinating forms, brought together perfectly with the use of angles and light. When you step into architect-couple, Neha Bhardwaj and Gaurav Kapoor's 1,870 sq. ft. abode, you wonder if Barragan managed to leave his footprints in this Greater Noida apartment as well. Turns out, he did: "Barragan used a lot of colour in his projects and, for this house, a large amount of inspiration came from his works," says one half of the couple, Neha. "We love using colour fearlessly in our projects at work and when we got an opportunity to work on our home, we ended up using 10 different shades of paint!" she laughs. Well, this philosophy of treating design as a way of life is certainly what ties their home and work.

Partners, both in life and at Layers Studio for Design and Architecture, for more than eight years, Neha and Gaurav's inclination towards art and good design is what makes things exciting at home. Being nature lovers, who love their walks with Kalicharan aka KC (their Labrador), and spending time gardening together, the architecture school sweethearts always wanted their home to be in a place, where they wouldn't worry about pollution and lack of space. But being architects, their work forced them to be city animals! This led them to Greater Noida, which they found to be a good balance and a well-planned city with credible infrastructure. Factors like orientation, natural light, ventilation, unobstructed views of areas around and pricing of the flat sealed the deal. What also helped was that the house provided ample avenues to bring about small changes to make it look like what it does now.

### An unconventional welcome

A yellow ceiling and a passage decked with catchy artworks and a carom board, guide you to the living-cum-dining room, which is anything but minimal. The centre of this paradise is a triangular-shaped dining table with benches. This is, in fact, Neha's favourite corner as it visually connects with the whole house and is where the extended family eats and is entertained.

GET INSPIRED
The couple created this pendant light fixture by using empty Nescafé coffee jars!

The couple incorporated a foldable breakfast counter, *left* and below, which *gives* them the flexibility of converting their kitchen—where they confess to spending the least time—into an open one.

The bedroom and bathroom, *facing page*, are set in similar colours and with identical floor tiles to maintain uniformity. Neha adds that the bedroom is devoid of a TV on purpose to avoid bad sleeping habits.

### In a world of ideas

This emphasis on maximum utilisation of spaces is evident throughout the eclectic abode. "When we were working on our house, we were very particular about using every room, nook and corner efficiently, yet without any compromise on the aesthetics of that area. The house with its living-cum-dining hall and three bedrooms had to accommodate not just our home, but also our architecture studio, a client meeting area, an entertainment area, a guest room, etc. So, we created spaces, which are flexible in use, and rooms that can convert to a meeting room, a guest room or a play area, as and when required, through simple yet innovative ideas like foldable tables, a collapsible bed and windows within the house that help in connecting various areas," elaborates Neha, who loves picking up stuff from various places, be it flea markets, home stores like Good Earth, Fabindia and Lifestyle, or online destinations like Pepperfry and Urban Ladder.

For their own bedroom, the couple took inspiration from the colours of India and set it in shades of teal and blue. However, the checkered black and white floor tiles are reflective of the palaces of Rajasthan. The most special corner in this room, though, is occupied by 11-month-old Kalki and her mobile, cane and bamboo crib, set against another chalkboard wall with inspirational quotes beautifully written on it. "We wanted to create something, which looks more contemporary and subtle, and is yet inspirational and interesting for Kalki. In fact, we resisted colour here as this area houses all her stuff and you know how children's products are nothing but an overdose of colour," says Gaurav.

Striking a balance with such abundance of colours, I ask the couple how they make it work successfully without the fear of it backfiring. "The risk of using so much colour together is that it can easily border into being kitschy. So, you must restrain yourself on other aspects of designs, like avoiding too many shapes and styles and the theme must run throughout the house," the couple signs off.

"Our extravagant splurges have been the good art pieces and yet the best bargain has been creating most of the art ourselves!"
—Gaurav Kapoor

THE NIGHT OF THE opening round of the 2018 U.S. Open, Brooks Koepka counted the people counting him out. The defending champion, he was watching from the living room of his rental house in Southampton, N.Y., as the Golf Channel flashed through the leaderboard—at five-over par, Koepka was tied for 46th—and then showed a graphic of "notable" players, in this order: Dustin Johnson, Justin Thomas, Justin Rose, Jordan Spieth, Jon Rahm, Rory McIlroy, Rickie Fowler, Jason Day, Tiger Woods and Phil Mickelson. No Brooks Koepka.

The forgotten man seethed. "I just won the event, top-10 in the world, and there's 10 guys on that list, and not one of them is me," he says.

Koepka collects slights the way he once collected Pokémon cards. He catches them all: He dreamed of attending Florida, but the Gators did not recruit him; he went instead to Florida State. He was never invited to play in the Walker Cup as an amateur. He did not make the 2015 Presidents Cup team on points and did not get selected as a captain's pick, despite having eight top-10 finishes that year. After an injury to Jim Furyk opened another slot, he was not selected—again. When he missed four months of this season while recovering from a partially torn tendon in his left wrist, he noted how many Tour players reached out to him (three: Johnson, Mickelson and Bubba Watson). A fan approached Koepka at the Players Championship in May and asked for a photo. He was preparing to smile when she handed him her phone. Could he snap a shot of her with Johnson—Koepka's best friend in golf and the World No. 1? "It happens all the time," Koepka says. "I honestly just want to take a selfie sometimes."

A fan asked for a photo and handed Koepka her phone. Could he snap a shot of her with Dustin Johnson? **"IT HAPPENS ALL THE TIME,"** he says.

Even when fans remember him, it seems they can't quite get his name right. He has heard *Koepka, Kda, Kopeka.* The announcer at the first tee of the 2015 Phoenix Open—which Koepka would go on to win—called him Brooks Cupcake. At the winner's press conference after the 2017 U.S. Open at Erin Hills in Wisconsin, a USGA official introduced him as Bruce. He has also been confused for Day and Tony Finau. Since his first Open win, "I've gotten less Tonys, more Jasons," he says. As the trophy engraver got to work on the Open trophy last June, Koepka watched carefully. "O-before E," he said. He offered no such guidance after winning his second consecutive Open, at Shinnecock Hills. "It was pretty easy," he says with a smile. "All he had to do was look up."

Most of the PGA Tour is doing the same. The Open win vaulted Koepka to fourth in the World Ranking and 13th in FedExCup standings. He has won more Majors than anyone ahead of him except Watson (3rd) and Mickelson (8th). At 28, Brooks Koepka is now officially notable. But if you have built your entire self-image on being an underdog, what do you do when you become a favourite?

**KOEPKA IS** rubbing his eyes as he sits at a table in the caddie shack at the Travelers Championship, just south of Hartford on June 21. It has been approximately 91 hours since he became the first player in three decades to win consecutive U.S. Opens (Curtis Strange in 1989 was the last), and although he has spent close to half that time asleep, he can barely summon the energy to sit up. He did not leave Shinnecock until more than four hours after he holed out on number 18; he wolfed down some pizza, closed his eyes for a few hours, then boarded a flight home to Jupiter, Florida.

He greeted his mom, Denise Jakows, who waited for his 4:30 p.m. arrival to congratulate him, then he made it as far as his living room couch before he passed out. The next thing he remembers is the sliding glass door opening as Johnson, having driven over on his boat, let himself in. "Jo," Johnson said. "Whatcha doing?" It was 8 p.m.

Most players in Koepka's position would have spent the week after winning a Major by heading to New York City or Los Angeles, weathering press conferences, sitting alongside Jimmy Kimmel or Jimmy Fallon and finalising endorsement deals. Mickelson, who had stirred up controversy by swatting a moving putt during the third round, finished tied for 48th, and by Wednesday his team had issued two press releases about new investment projects. Strange says the biggest adjustment he had to make after his back-to-back victories was the attention. "It's not making a five-foot putt," he says. "That's the same. It's the demands on your time."

Koepka likes to roll up to public courses, carrying a generic bag. Even his monstrous drives (he's 23rd in driving distance on Tour) draw little notice there. For all his talk of being overlooked, Koepka also cherishes his anonymity. He skipped the Travelers Pro-Am and the practice round on the Wednesday before the tournament so he could catch up on sleep. He did head to the range that night—and not just to hit balls. "It's about getting the handshakes out of the way," he says. "If you [don't] do that, you get distracted in the morning. People are like, 'Hey, how's it going? Congratulations.' "

No one predicted Koepka's success—except him. Dan Gambrill, his best friend, thought Koepka could be a good college golfer. Koepka's father, Bob, hoped his son could play well enough on the pro circuit to occasionally get invited to tournaments. Brooks, though, believed he would dominate the PGA Tour. After college he tried to get his Tour card through qualifying school but failed by three strokes. Spieth, who likewise didn't make it out of Q school, used sponsor exemptions to forge a path on the Web.com Tour; Koepka went to the Challenge Tour, the minor leagues in Europe. He ate horsemeat in Kazakhstan and swam with sharks in South Africa. He also slept four to a bedroom on the road and carried his own bag until his father and stepmother footed the bill for a caddie. Eventually he won enough to make the European tour and then to come home, but he had lived the grind, toiling abroad, imagining life in the spotlight.

Koepka grew up in West Palm Beach, hoping to play pro baseball or hockey. Standing six feet and at 186 pounds, he sees himself as an athlete first and a golfer second. He is, in the words of his strength coach, Joey Diovisalvi, "about as far from Bryson DeChambeau as anyone on earth." Which is to say that Koepka is far from a golf nerd. He works with his team—in addition to Diovisalvi, that includes swing coach Claude Harmon III, short game coach Pete Cowen and caddie Ricky Elliott—to determine a strategy, then buys in fully. He does not carry a yardage book. He asks Elliott only for a yardage number and where to hit the ball. This year Koepka finally bought the high-tech TrackMan swing analysis system that has been popular with pros for nearly a decade, but his mostly collects dust. He rarely watches golf on TV. He did not learn that Strange was the last man to accomplish the Open repeat until he noticed it when he looked at his trophy at home.

**KOEPKA WAS** incredulous to learn that no one valued his first Open win as much as he did. He had won a Major—more than Fowler or Rahm could say—but because he'd done it on the forgiving fairways of Erin Hills and shot 16-under par, somehow that meant it didn't count? "What the hell can I do?" he says now. "It's the course they gave us." So the victory at challenging Shinnecock meant more. He played the final round paired with Johnson and shot one-over for the tournament on a course so tough that the USGA held a press conference to explain. *No one can say Koepka didn't win on a U.S. Open–calibre course.*

He's come a long way since his low point, a few days before he arrived at Erin Hills. "He was questioning himself," says Cowen. The Tuesday before the Open, Koepka and Elliott sat on the chipping green as Cowen yelled at them, wagging his finger. Graeme McDowell, another Cowen protégé, drove by and recognised the gesture. "I've had that speech many times," he says. "It's like having a lesson off your headmaster."

"You're gonna win nothing with that sort of attitude," Cowen bellowed.

"You'll be a mediocre player for the rest of your life!"

Koepka absorbed the browbeating and said, "O.K."

"Sometimes you just need to be put in your place, I think," Koepka says now. "Golf's weird because it's individual and there's nobody to blame but yourself, but then golfers also have this it's-everybody-else's-fault thing where you don't take ownership. He was like, 'You're not going to win, ever. You're never going to win.' You tell me I can't do something, I'm going to do it."

Cowen issued a similar challenge to Koepka this year, and he devoured it. He never has to stop playing like an underdog if he never stops believing he is one. He plays this brilliantly: He eschews talk shows and Instagram, then grouses that no one pays attention to him. This is ridiculous, of course; Koepka is among the most feared players on Tour. He knows that. He just tells himself he is still the kid waiting for college offers that never came. "You could say I put the chip on [my own shoulder]," he says. "Sometimes you have to find new ways to play games with yourself." As his star keeps burning, his challenge will be to keep his flame hot. □

**KING OF THE HILLS**
A year after taming Erin Hills (opposite, far left), Koepka conquered Shinnecock to become the first back-to-back U.S. Open champion in nearly 30 years.

SI: COURTESY OF THE PGA TOUR

STORM: JUSTIN TUCKER FOR SI; LAPRESSE FOR SI





THE HOME of an NBA champion 48 hours after the Finals looks sort of like a honeymoon suite the morning after a wedding: balloons at the door, nachos in the kitchen, friends on the couch, rehashing the previous night's activities. Kevin Durant's commemorative hat was already in the closet, next to his Longhorns' and Redskins' lids, and his MVP trophy perched on the windowsill along with its predecessor. "Reminds me of when I was a kid," Durant said. "My brother and I would line up all our fifth-place trophies from the rec league on the dresser and see who could stack the most."

He sat atop the kitchen counter, corn on the cob sizzling in a frying pan, late-afternoon sun pouring through the floor-to-ceiling windows. Across the Bay, he could almost see the Oracle Arena. Durant lived in the Oakland Hills last season, but he found the location desolate, so he moved to an apartment on the 54th floor of a high-rise in downtown San Francisco. At rush hour, it can take him 35 minutes just to merge onto the bridge, but he appreciates the view and the bustle. Plus, he is well positioned for when the Warriors open their new hardwood palace in Mission Bay next year.

He was still in his sweats, to the consternation of stylist Nichimanya Wulf, who has tried to coax him into more formal attire for a couple of months now. Most players of Durant's ilk arrange elaborate postseason ensembles weeks in advance, but KD broke from peacock protocol this spring, rocking a procession of Nike hoodies instead of short suits. "I thought I did something wrong," Wulf said.

"No," Durant laughed. "I sometimes stress about what I'm going to wear for the walk-in. I can't worry about it."

He admits things like that, things other megastars do not: "I feel as if a lot of basketball players, celebrities, put on this front that they're bigger and stronger and *different*—that they're superheroes—so they're not seen as somebody with weaknesses or insecurities. I'm not a celebrity hooper. I don't care about money and fame. I don't need everything to revolve around me. I like to play basketball. I like to debate basketball."

He is a repeat champion and Finals MVP, but all that will be remembered of Durant's second season in Golden State is Game 3 at Quicken Loans Arena: 43 points, 13 rebounds, seven assists and one 33-foot kill shot from his customary station to the left of the top of the circle. "If I took 16 of those points and gave them to Steph and Klay, that would have been fine, too," Durant insists. He loathes glorifying his scoring—"That's all I did my whole life"—but there is no denying the uncanny affection he has developed for Game 3s since joining the Warriors, who typically lead 2–0 when they take to the road.

"Everybody on the other side is excited, everybody is looking for that extra emotion," Durant starts, describing a hypothetical showdown. "They're thinking, 'I need it from the crowd. I need it from knowing that I slept in my bed last night, that my family is here, that I did my usual routine.' But then you hit an early three, and you get up 29–26 going into the second quarter, and they're like, 'Damn, I'm a little nervous now.' And then you go up seven in the third, and they're like, 'S***, this isn't what we planned.' They make a layup, and get so hyped, but you come down and score again. You have a chance to demolish them, to take their heart. It's like my drug. I love Game 3."

A year ago, he earned his fix with 38 and 13 in Game 3 at Utah, 33 and 10 at San Antonio, 31 and 9 at Cleveland. After each of those epics, the Warriors lost only once, so the prognosis for these Cavaliers was predictable. The dagger foreshadows the broom. "I felt like I was at Barry Farms again," Durant told his business partner and agent, Rich Kleiman, following his Game 3 spree. Barry Farms, the famed outdoor courts in Washington D.C., represent the hoops haven Durant is forever trying to re-create.

"It's how we all start, isn't it?" he asks. "Picking up the heart-beat of basketball, the spirit of basketball, and as you get further and further away from that, to AAU to high school to college to the NBA, you're stacking layers and layers of nonsense onto something simple. You get money involved—and here I am living in this penthouse in San Francisco—but if you can take it all the way back to streetball then nothing will really bother you. Just tie up your shoes and play."

He tries to insulate himself from the nonsense, as he terms it, which is a lot more struggle. "The entitlement," the 29-year-old explains, "the idea that I scored 30 so you should let me in this club for free." But also the criticism, some of which predates his move to Golden State, and sticks with him still. "This is a wild life, a crazy lifestyle, and I'm not saying I have it all figured out. But I do know it can affect me if I let it, so I have to do my best to control it."

Listening to Durant is not so different than watching him post up George Hill. Once he gets going, he does not stop. "I have so much in my head, it's hard for me to say it all. I know what I'm thinking, but it comes out a little weird and different."

Not really. You just have to know him. Last season, he yearned to fit in with the Dubs. This season, he revealed more of himself, and coaches privately wondered if he was unhappy. "They saw my edge for the first time," Durant says. "I go, 'What the f*** are we doing?' and they go, 'Whoa, we didn't know you were like that.' Well, I grew up in a f*** talking household, insults thrown across the room from uncles to aunts to cousins to brothers. That's how I do it." He can be simultaneously fiery and gentle. Towards the end of the regular season, teammates noticed he became quiet, his passion muted. "I wasn't good every day," he says. "I wasn't on every day. I felt like we were dragging, and I was down, too. I internalised it a little bit. I wanted some meaningful basketball." Coach

**ROAD WARRIOR**
Curry (opposite) led the Dubs in Games 1 and 2, but Durant exploded when the series shifted to Cleveland, dropping a career playoff-high 43 on just 23 shots in Game 3.

STORM: JUSTIN TUCKER FOR SI





KABADDI

# T

India defeated Iran 44-26 in the final of the inaugural Kabaddi Masters.

**TACKLE KINGS**
An Iran player attempts a successful raid against India.

**Kabaddi Masters THE PLAYOFFS**

**FINAL**
India **vs** Iran
44-26

**SEMIFINALS**
India **vs** S. Korea
36-20
Iran **vs** Pakistan
40-21

**POOL MATCHES**
India **vs** Pakistan
36-20
India **vs** Kenya
48-19
India **vs** Pakistan
41-17
India **vs** Kenya
50-15

THE UNITED ARAB EMIRATES and an India versus Pakistan clash seem to share a special bond. Twelve years after both countries played each other in a cricket match during the inauguration of Abu Dhabi's Sheikh Zayed Cricket Stadium in 2006, the UAE is gearing up to host yet another showdown in September.

But months before cricket fans in the country get to witness the much-awaited Asia Cup clash, the Emirate of Dubai tasted the famed rivalry—an India versus Pakistan encounter, not on the field but on the mat. Intense drama and vengeance were some words thrown around, as the inaugural Kabaddi Masters kicked off at the Al Wasl Sports Club in Dubai.

The venue seemed to have a match-day scenario like any packed Indian stadium, and thanks to the opening encounter as the arch-rivals faced each other, the Al Wasl Sports Club was thronged by thousands of fans who rallied behind their teams throughout. Flags were waved, and the roar only got louder as the game closed. Dubai is home to over 100 nationalities and almost 92 per cent of its population is expatriates, with Indians and Pakistanis sharing the most numbers. So, a full house wasn't surprising, but 2,500 is a fraction of what you'd see in a local arena in India.

Much like the packed venue, the result was expected, just like moments of nerves were anticipated. The Pakistan players were coming fresh off playing their own Pro Kabaddi-styled league back home. But looking into the results of the playoffs between the two teams, India has always maintained an edge over Pakistan right from their first encounter during the Beijing Asian Games in 1990, when India won their first kabaddi gold with a 48–13 scoreline. The last time India met Pakistan was at the Asian Kabaddi Championships in November last year, and the record remained intact, as the Ajay Thakur-led side managed a 36–22 win in the final.

In Dubai, India came out with a clinical show to beat Pakistan 36–20, giving their campaign at the Kabaddi Masters a near-perfect start. Skipper Thakur impressed with his all-round show, sending out a strong warning to the opponents. There were moments of concern, of course, but Pakistan was all out just after half-time with India leading 25–9.

But Pro Kabaddi's most expensive players Monu Goyat and Rishank Devadiga, besides Surheet Singh (defence), seemed to have developed a liking for Dubai, although it definitely wasn't for the weather. Goyat and Devadiga made important contributions to the attack, making 46 and 45 raids, respectively.

**NEW RIVALS**

The stats may suggest India have faced Pakistan eight times in the history of kabaddi, but over the years, it is Iran that has emerged as their fiercest rival. The Iranians' strong presence in wrestling has also helped them excel in kabaddi and they are now a force to reckon with. The 2016 World Cup saw them pose a threat to India's title defence, which was eventually won by India for the third time with a 38–29 scoreline. Pakistan and Bangladesh have, of course, remained in fray and challenged India in major events in the past, and continue to.

In the last couple of years, there has also been an influx of new teams into the sport of kabaddi, and much of the credit goes to Pro Kabaddi, which has allowed players from South Korea, Thailand and Japan (apart from Iran) to come and ply their trade. These players and their teams have not only raised their game tactically and technically, but their upcoming talent has also shown promise.

PRO KABADDI AND its impact can best be seen in the players' careers when you witness how they've managed to polish their talent. The prime examples of this are Jang Kun Lee and Fazel Attrachali, who have said that playing alongside Indians has helped them sharpen their skills and learn new moves.

In the Kabaddi Masters, the entry of teams like Kenya and Argentina was inspiring. While they couldn't manage a win, the enthusiasm and commitment they displayed to keep learning and improving was great. This was the next obvious step for them as well, as both these teams had participated in the 2016 World Cup in Ahmedabad.

Owing to the tense relations between India and Pakistan, the fact that the Kabaddi Masters took place at a neutral venue was understandable. More than that, the event in Dubai meant that the governing body got a chance to test it for the 2019 World Cup, which is also likely to take place in the Emirati city.

In fact, Jasardan Singh Gehlot, president of the International Kabaddi Federation, reiterated that the main objective of holding the Kabaddi Masters in Dubai was to test the waters for the World Cup, which also ties in with the federation's goal of taking the sport to more people. "The three previous World Cups have taken place in India. We want the sport to spread across the world so we have arranged this preparatory tournament," he said. □

**THE CHAMPS**
The Indian team with the trophy.

**The Asian Games SQUAD**

**MEN'S**
Girish Maruti Ernak
Deepak Niwas Hooda
Mohit Chhillar
Sandeep Narwal
Jang Kun Lee
Rohanth Devadiga
Monu Goyat
Ajay Thakur
Rohit Kumar
Raju Lal Chaudhary
Mallesh Gangadhari
Rahul Chaudhari
**Standby:** Amit Nagar, Maninder Singh

**WOMEN'S**
Sakshi Kumari
Kavita Devi
Priyanka kumari
Manpreet Kaur
Payel Chaudhary
Ritu Negi
Sonali Vithoo Shingate
Sayali Sanjay Keripale
Ranbaso Kaur Khaihra
Pooja Yadav Sahas
Usha Rani Narasimhalah Madhu
**Standby:** Priyanka, Shama Parveen

**BREAKOUT PERFORMER**

**Jang Kun Lee**
South Korea
Raider

| M | RP | TP |
|---|---|---|
| 5 | 40 | 42 |

**AJAY THAKUR**, India
Raider
M 6
RP 34
TP 39

**MOHAMMAD MAGHSOUDLOU**, Iran
Raider
M 4
RP 27
TP 33

**MONU GOYAT**, India
Raider
M 4
RP 28
TP 30

**RISHANK DEVADIGA**, India
Raider
M 5
RP 28
TP 29





TROPHIES GALORE

ZINEDINE ZIDANE

**TOLD YOU BOSS!**
Real Madrid's Marcelo celebrates with coach Zidane after scoring a goal in the Champions League.

**ZIDANE'S RECORD AT REAL MADRID**
The Frenchman is the first coach to win the Champions League three times in a row.
* * * * * * *
Zidane has a 100% success rate in all 10 international knockout ties as a manager. This includes the Champions League, UEFA Super Cup and Club World Cup.
* * * * * * *
Zidane has been in charge at Real for 149 games, winning nine trophies, meaning the club claimed silverware, on average, every 17 games under him. A win percentage of 60.8.

and loyalty of his team and peers. When he had taken over as the coach in 2016, the team was still hurting from their 0–4 thrashing at the hands of arch-rivals Barcelona at the Santiago Bernabéu. His first assignment was to rebuild the confidence in the side. The team had all the ingredients, what they lacked was a good man manager.

The results showed from his very first match as the man in charge. Real beat Deportivo 5–0 at home and, from then on, began the slow but steady journey to redemption. A fitting debut gift to the Frenchman as he wore the No. 5 jersey in his playing days! Revenge was served cold when *Los Blancos* beat the Catalana 2–1 at Camp Nou. The Zidane-coached side won 17, drew two and lost only one out of the 20 matches they played in the Spanish La Liga in the 2015-16 season, finishing the season in second place.

But they went on to win the UEFA Champions League, defeating local rivals Atletico Madrid 5–3 on penalties at San Siro in Milan. With it, Zidane became only the seventh man in football history to have won the Champions League both as a player and as a coach.

The players started to trust him. He showed tremendous loyalty to his players, something similar to what Arsene Wenger had shown during his later years. Zidane would go to war for them. He continued to back Costa Rican goalkeeper Keylor Navas despite disappointing outings, or started with an out-of-form Karim Benzema.

"Zidane always gave me a vote of confidence, he always trusted me and that is a very important thing for a player-coach relationship. But I also admire how he was always a very transparent person, a coach that regardless of what he had to say to a player, he said it up front," Navas was quoted as saying by Spanish daily *Marca*.

"I don't agree with critics but that's the way it is. I care about much more than goals, Karim is a different player and while it's true that he will not score 50 or 60 goals a season, he's scored a good number of goals for this club. I like what he does for this team, he's one of the best, a team player and that's something I care about. I will support him until the very end. I support my players every time even when they are struggling, and even though Karim is not struggling, it's time for me to end this discussion," Zidane defended Benzema before the Club World Cup final against Gremio last December.

LIKE THE GREAT Harvey Specter would always say, "Loyalty is a two-way street. If I am asking it from you, then you are getting it from me." Maybe that's the reason why Ronaldo had no issues on being rested in the games against lesser-known teams for the two full seasons in Zidane's tenure.

Real Madrid could have easily signed David de Gea in the 2016 summer window or Kylian Mbappe last season. But Zidane stuck with the same squad. He intentionally ensured there weren't any big signings during his stint, clinching a Champions League treble with almost the same squad.

In his very first full season, Zidane led Real Madrid to four titles. They won the La Liga for the first time in four years, their 33rd overall. They became the first club to retain the European crown in the Champions League era, winning the silverware on the 11th occasion. They also claimed the UEFA Super Cup and the FIFA Club World Cup that year. The only title they couldn't win was Copa del Rey.

The following season, the Spanish giants won the Champions League title for the 12th time, prompting club president Florentino Perez to say, "Zidane can stay at Real Madrid for the rest of his life."

Come 2017-18 season, and the club was unable to replicate the previous season's start, winning only 10 out of their first 19 games, fuelling criticism that Real might not be third time lucky for the continental club title.

**KING & PRINCE**
Former Real Madrid coach Zinedine Zidane (right) and ex-player Cristiano Ronaldo with their FIFA Best Coach of the Year and FIFA Best Player of the Year trophies for 2017.

But Zidane and Co. had other ideas. They spoke with their feet on the turf and let the critics come hard at them. Before the Champions League final against Liverpool in Kiev, Zidane was asked, "Is your team was lacking motivation?" Pat came the reply. "No one can tell us we are less hungry. I can't speak for our opponents but we want to stress we will always have the same motivation, the same as always, no one can tell us we are less hungry than the rest. We are Madrid and despite what we have, we always want more, and we will give everything to get even better," Zidane rebutted.

ON THE NIGHT of the final, El Real looked more driven. They wanted a piece of history; scale a peak hitherto untouched. Liverpool found themselves wanting in the midfield as Gareth Bale shattered the English side's dreams with a brace that included a brilliant header and an even better bicycle kick goal.

Days after Real celebrated their famous hat-trick, Zidane shocked the world when he decided to call it quits. "You have to know when to quit. This is the right moment. I am a winner and if I don't see it clearly that we will keep winning, it's time for a change," Zidane told stunned mediapersons.

Zidane has left behind a legacy after being incharge of the club for two and a half seasons. In the period, he won 104 games out of the 149 Real played. He also won nine titles as coach, including three Champions League titles, two UEFA Super Cups and two Club World Cups, one La Liga crown, and a Spanish Super Cup. Skipper Ramos tweeted a photo of Zidane and himself saying, "As a player and coach you decided to say goodbye at the top. Thank you for two-and-a-half incredible years. Your legacy will never be erased, one of the most successful chapters in the history of our beloved @realmadrid."

Zidane walked away from the limelight pretty comfortably. He always knew when to say goodbye. □

**PLAYER-CUM-COACHES WHO WON CHAMPIONS LEAGUE TITLES**

MIGUEL MUÑOZ
**As a player:** Real Madrid in 1956 and 1957
**As a coach:** Real Madrid in 1960 and 1966

GIOVANNI TRAPATTONI
**As a player:** AC Milan in 1963 and 1969
**As a coach:** Juventus in 1985

ARSÈNE DOUCHY
**As a player:** Ajax in 1971, 1972 and 1973
**As a coach:** Barcelona in 1992

CARLO ANCELOTTI
**As a player:** AC Milan in 1988 and 1990
**As a coach:** AC Milan in 2003 and 2007; Real Madrid in 2014

FRANK RIJKAARD
**As a player:** AC Milan in 1989 and 1990; Ajax in 1995
**As a coach:** Barcelona in 2006

JOSEP GUARDIOLA
**As a player:** Barcelona in 1992
**As a coach:** Barcelona in 2009 and 2011

ZINEDINE ZIDANE
**As a player:** Real Madrid in 2002
**As a coach:** Real Madrid in 2016, 2017, 2018

**GRACIAS COACH**
The *Los Blancos* skipper Sergio Ramos (left) in a heartfelt tweet, thanked Zidane for the legacy he leaves behind at Real Madrid.

MICHAEL ALLEN FOR SI; JORGE RIVAS FOR SI; GETTY IMAGES

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# SCORECARD

## TENNIS' FUTURE ACES

Aspiring kids from 20 countries got a chance to hone their skills at the Longines event in Paris

BY DEEPTI PATWARDHAN

**SINCE ITS INAUGURATION** in 1889, the Eiffel Tower has stood for a lot of things. It was originally built as the centrepiece of the Exposition Universelle that celebrated 100 years of the French Revolution. An architectural and an engineering marvel, the 324-metre wrought iron tower is the beacon of Paris, and a symbol of French pride. It was used as a radio transmitter during World War I, and a flag post as France took back control during the second World War. One of the tallest structures in the world and the most-visited paid attraction, the tower has inspired artists over the years.

A few weeks ago, 40 athletes aspired for excellence at its feet.

The Longines Future Tennis Aces (LFTA) brought together two of Paris' most famous global icons—the Eiffel Tower and Roland Garros—during its ninth edition. Established in 2010, the LFTA organises competition between top-ranked players, all under-13, from various countries in, what is called, a search for 'tomorrow's tennis champions.' This year the highest-ranked players, girls and boys, from 20 countries—Australia, Austria, China, France, Germany, Hong Kong, India, Italy, Japan, Korea, Mexico, Poland, Russia, Singapore, Spain, Switzerland, Taiwan, Thailand, the United Kingdom and the United States—participated in the event that took place in June, on the same clay as the French Open's *terre battue*.

Aditya Rathi and Anjali Rathi—who are not related—represented India at this gathering of tennis hopefuls. Both the players narrowly missed out on the quarterfinal berth—finishing third in their respective group of five.

"It was unfortunate that they could not go forward," said Vivek Shokeen, former India player, who had travelled for the tourney as their coach. "But it was a unique and encouraging experience for them. Sure, it wasn't as important as a tour event, because it didn't have ranking points, but look at the value they have created. For these kids to play in such a setting, with the best players their age, is rewarding. Plus, it was a very well-organised event; they cut no corners."

All 40 participants attended a two-day training camp at the Longines Academy prior to the tournament. Former French player Séverine Beltrame, whose best performance at a Grand Slam was a quarterfinal finish at Wimbledon in 2006, trained the 20 young girls while Belgium's Christophe Rochus coached the boys. Though the two-day crash course in clay-court tennis may not be enough by itself, it's a good start for the youngsters, especially those from non-European countries, where clay is not the predominant surface of play for juniors. Red clay is regarded as the best surface to train on for kids since it's not only easier on the joints but also helps embed virtues of patience and smart point-construction—the bedrocks of this generation of physical tennis.

The girls champion, Victoria Jimenez, showed both those qualities en route to a 4-1, -4, 8-6 win over hard-hitting American Clervie Ngounoue. Being left-handed and Spanish comes with certain expectations on Parisian clay. And eight days before Rafael Nadal won his tith title at Roland Garros, the 12-year-old Jimenez won her own piece of silverware with a diligently constructed victory.

"I felt very happy because the Spanish girl played well and won today," said three-time French Open champion-turned-coach Arantxa Sanchez Vicario. "I know her very well and it's great that she won. To play here, in this unique place underneath the Eiffel Tower, it doesn't happen very often. Maybe once in a lifetime. It's very important to have some success at tournaments like these and then play other junior tournaments before you turn a pro. One day, you try to play the big events, try to win Grand Slams and be the No. 1. It is a dream come true for a lot of kids. It's a long way, a long journey but that's how you start," she added.

To complete the symmetry of the ruling class

**IN AUGUST COMPANY** (L-R): Tennis legends Alex Corretja, Arantxa Sanchez Vicario, Andre Agassi and Steffi Graf alongside Juan-Carlos Capelli (C), Vice-President of Longines.

Aditya Rathi

Anjali Rathi

COURTESY LONGINES (TOP); ANDREW MILLIGAN (BOTTOM); GETTY IMAGES (TOP); MATTHEW STOCKMAN (BOTTOM)

## GO FIGURE

**1**

**Shikhar Dhawan** became the first Indian to score a century before lunch on the first day of a Test match—doing so against Afghanistan in the historic one-off Test at M. Chinnaswamy Stadium in Bengaluru.

**3**

**Cristiano Ronaldo** bagged a hat-trick in Portugal's World Cup opener against Spain. It was Portugal's third World Cup hat-trick. This was only the second time that David de Gea conceded three goals in a single match for Spain.

**33**

**M.S. Dhoni** overtook Pakistan's Kamran Akmal's record of most stumpings in T20I matches. The Pakistani held the record with 32 successful stumpings, but the former India skipper overtook Akmal and currently has 33.





# THE BITE OF THE UNDERDOGS

The FIFA World Cup in Russia rocked the hierarchy of world football. The elimination of defending champions Germany, top contenders Spain, Argentina and Portugal, made it anyone's cup for the taking. While France took home the Cup, the underdogs emerged and caught the fancy of football aficionados around the world.

BY SHAIL DESAI

Photographs by MICHAEL REGAN/FIFA/FIFA VIA GETTY IMAGES

**MAXIMUM IMPACT** Members of the South Korean team celebrate after eliminating holders Germany from the FIFA World Cup. Korea scored two injury time goals to advance to the knockout stage.



FOR THE RECORD

## GEOFFREY'S OLYMPIC FLAME

Three-time TCS World 10K champion Geoffrey Kamworor wants to emulate Kenyan greats Paul Tergat and Eliud Kipchoge at Tokyo 2020

BY ROHIT BHARDWAJ

**NO PRIZES** for guessing who the dominant forces in long-distance running are. It's a well-established fact that Kenya and Ethiopia share the honours in most international races. This year's TCS World 10K was no exception. Kenya's Geoffrey Kamworor stole the thunder from the Ethiopian duo of Birhanu Legese and Mosinet Geremew to win his third title in Bengaluru.

Kamworor, the winner of the last two world half marathon titles, completed the 10,000 metre race in 28 minutes 18 seconds, more than 30 seconds shy of his course record set up in the 2014 edition (27:46). He had also won the 2012 edition of the Bengaluru meet.

The two-time World Cross Country champion led the race almost from the gun and reached the halfway point in 14:28, raising expectations of a new course record. But the hot and humid weather conditions derailed the Kenyan while he began charging towards the finish line, amid loud cheers from a packed Kanteerava Stadium in the heart of the bustling IT capital.

"I think we were all cautious about the weather in the first half of the race. It was very hot, and I think that's what cost me the course record. I came here thinking about the course record and tried the best I could, but I could feel the temperature rising as I was warming up. I was jogging for just three minutes before starting to sweat. It would be great if the organisers could advance the men's race by 30 minutes," Kamworor told reporters after pocketing US$ 26,000 for his effort.

Talking exclusively to Sports Illustrated India, Kamworor expressed his liking for Indian races and his aspirations to win an Olympic medal in the 2020 Tokyo Games.

Kamworor began running in school, as most runners coming from Kenya. What differentiated him from the rest was his patriotism—a desire to bring laurels to his country through international competitions—as opposed to earning quick bucks for his physical abilities.

"I used to run in school. As students we had to run in the morning, in the afternoon and in the evening so everything was about running. As I grew older I could see some athletes running, carrying the Kenyan flag and I really admired them. I wished that one day I could run for my nation. I got serious about running at the age of 18," the 25-year-old said.

The Eldoret native is inspired by the likes of world champions Paul Tergat and Eliud Kipchoge, also from Kenya, and wants to emulate them at the Olympic Games two years later.

"Actually what's missing from my cabinet is an Olympic medal and I am going to work and train extra hard. Maybe, in 2020 I can get one. I have not yet decided on the distance (10,000 metres or marathon) it depends on my form in the preceding races," said the 2017 New York City marathon winner, who trains under former world-renowned runner, Patrick Sang.

So, what makes him come to India so often?

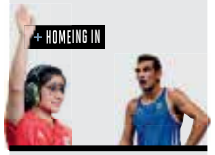
"I think I love coming to India because of the good organisation of the race and the Indian hospitality. Indian people give me a lot of support and have immense passion for sport. That's what inspires me to come and run amongst them. I might come to race in Delhi later this year as I love the city, its vibe," said the three-time Delhi Half Marathon runner-up (2011, 2013 and 2014).

Meanwhile, the IAAF Gold Label race saw the podium finishers in the women's category breaching the 2014 course record owned by Lucy Kabuo of Kenya (31:46). Agnes Tirop once again stamped Kenya's authority in the race by clinching the crown in 31:19.

### LEADING RESULTS

| | |
|---|---|
| **MEN** | |
| Geoffrey Kamworor (KEN) | 28:18 |
| Birhanu Legese (ETH) | 28:36 |
| Mosinet Geremew (ETH) | 28:39 |
| **WOMEN** | |
| Agnes Tirop (KEN) | 31:19 |
| Senbere Teferi (ETH) | 31:22 |
| Caroline Kipkirui (KEN) | 31:28 |

## HOMEING IN



**MANU BHAKER** 16, took home to multiple medals at the ISSF Junior World Cup in Germany. In the 10m air pistol, she defeated China's Kaiman Lu to take gold. In the mixed 10m event, Bhaker teamed up with Aemol Jain to clinch the silver. The Jhajjar girl ended the tournament with a bronze in the 10m air pistol team event.

**MANDEEP JANGRA** The 2010 Commonwealth gold medalist, Mandeep Jangra, won gold in the men's 75kg category at the Ulaanbaatar Cup in Mongolia. The 25-year-old boxer stamped his authority as he beat Byamba-Otgonbaatar via a split decision. This was Jangra's first win after he changed his weight from 69 to 75kg.

**ANIRBAN LAHIRI** Anirban Lahiri, who has been on a comeback trail over the last couple of months, flourished once again, finishing joint 13th at the Quicken Loans National and joint ninth at the Travelers Championship in Connecticut. The 31-year-old, whose form had taken a dip, bagged US$ 322,125 in prize money from these PGA Tour events.

**ELAVENIL VALARIVAN** The Indian junior shooters continued to dazzle with their good show, as Elavenil Valarivan shot gold in the 10m air rifle event at the ISSF junior World Cup Shooting Championship. The shooter from Cuddalore shot 251.7 in the final, defeating Zeru Wang of China—who shot 250.9—at the end of their 24 stipulated shots.

COURTESY ISSF (TOP); ANDREW MILLIGAN (BOTTOM); GETTY IMAGES (TOP); MATTHEW STOCKMAN (BOTTOM)

## THEY SAID IT

Who said what in the world of sport to make us laugh and make us cry

"I'm not proud of my transfer fee, or the fact that I am the most expensive player ever. That's money and nothing else... Personally I would have paid less for myself."
*—Neymar, who is currently the most expensive footballer, spoke on the amount he was paid for transfer from Barcelona to Paris St. Germain last year.*

"I sleep very well at night. I have a very easy conscience."
*—Spain's Sergio Ramos on Mohamed Salah, the Egyptian forward who suffered a shoulder injury after a tussle with him in the Champion's League final.*

"Facing Rashid Khan in the nets for the past two years as we play for the same IPL team, has helped me."
*—Shikhar Dhawan, after becoming the first Indian to score a century before lunch in the one-off Test against Afghanistan.*

"I'm used to having Indians cheer for me, but it was really cool to have an American crowd cheering for an international athlete, tagging my pictures on Instagram."
*—Tejaswin Shankar, who is only the second Indian track and field athlete to receive a full scholarship to a U.S. college.*

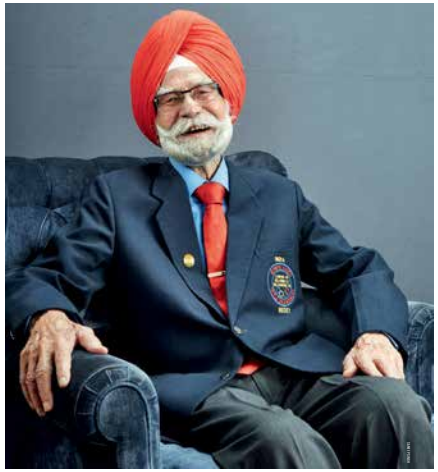
"Lots of captains have been wicketkeepers as well. You get a pretty good position to see what's happening and what's going on, so I don't think it's a problem."
*—Jos Buttler, who was appointed England captain for the Australia series, after Eoin Morgan opted out owing to injury.*

## OUTSIDE EDGE By Satish Acharya

SO LONG

## *Balbir Singh Sr.*

LIVING LEGEND



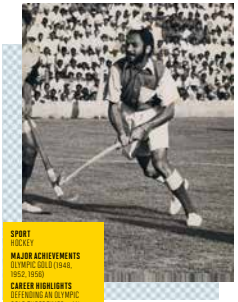
*A three-time Olympic champ to a patriot who auctioned off all his gold when the country needed it, Balbir Sr. is what a legend is made of.*

**BALBIR SINGH SR.** is one of Indian hockey's **last** links to its pre-Independence golden **days**. He is the last reminder for us now, of a tougher time, and a simpler game. A witness to how partition—which affected him directly—splintered Indian hockey. Comrades and colleagues in the Punjab team became opponents and Pakistanis overnight. Within a year though, the story would have a happier ending, as India beat Great Britain (at Wembley) to win their first Olympic gold post-Independence.

Those were truly golden days for Indian hockey. Even before Balbir was dropped in India's opener (for the record, India beat the hosts 4-0; Balbir scored a brace), and guaranteed a gold, his predecessors had racked up three successive gold medals for India in three previous Olympics. The only difference: those were under the flag of the British Empire. This would be the first gold medal for independent India.

But the story of triumph in '48 started with the tragedies of '47. In April 1947, Punjab won the National Championships in Bombay, their second straight triumph. Balbir was the highest scorer both years, and things seemed normal as the train carrying the victorious team pulled into Lahore station. Very soon, though, reality set in. Balbir's wife's side of the family were forced over to the Indian side, their property forfeited. But it was the least of their losses. Friendships cultivated over decades were snapped by a line drawn on a paper map. The unprecedented violence would shock Balbir, not least because as an officer in the Punjab Police he would visit the scenes of some of the worst atrocities.

Hockey was far from the country's consciousness by the time 1948 arrived. And yet, an Olympic team had to be sent. In the first list of 39, Balbir's name was omitted. No reason was given. The newspapers picked it up, and after a quick evaluation, the selection committee offered the



**SPORT**
HOCKEY

**MAJOR ACHIEVEMENTS**
OLYMPIC GOLD (1948, 1952, 1956)

**CAREER HIGHLIGHTS**
DEFENDING AN OLYMPIC GOLD THREE TIMES—AN UNPRECEDENTED FEAT. SCORING FIVE GOALS IN THE 1952 GOLD MEDAL MATCH AGAINST THE NETHERLANDS

**DEFINING MOMENT**
SCORING THE OPENING GOAL FOR INDIA AGAINST HOSTS (AND PREVIOUS COLONISERS) GREAT BRITAIN IN THE 1948 OLYMPICS

# INSIDE STORIES

home | reinvented

## GREEN *LIGHT*

Here's how four balcony-solution providers breathed new life into mundane outdoor spaces by turning them into green havens. Take notes.

### STUDIO EARTHBOX

Co-founded by mother-daughter duo Sangeeta and Priyam Dave in 2015, the Gurgaon-based Studio Earthbox was born out of their shared love for decorating. Sangeeta has been a seasoned scenographer, and Priyam is experienced in the lifestyle and décor industry—together, they conceptualise beautiful outdoor spaces. "The idea was to transform a balcony space from a conventional 'row of pots' to something more appealing and functional," shares Priyam. The brand also retails handcrafted garden décor accessories, such as planters, shelves, birdhouses, etc., through studioearthbox.com.

MAKEOVER

BEFORE
BORING BASICS
Pots set conventionally, accompanied by an ordinary, dull sitting arrangement.

AFTER
CREATIVE MOVES
**STEP 1** To create the feel of a garden, the floor area was covered with faux grass and some white pebbles.

**STEP 2** A wall-sized vertical wooden planter box with a tall screen (crafted using pinewood) was installed to hide the split AC unit.

**STEP 3** Next, the Alps Ladder Shelf (from their own range) was added, with small, colourful ceramic pots and garden accessories adorning its shelves. This setting helps keep the floor space clear and makes it easy to maintain the area.

### URBAN GREENERY

As someone who grew up amidst the lush green surroundings of Rishikesh, 45-year-old Shraddha Bhatnagar was disappointed by her lack of connect with nature when she moved to Mumbai in 2013. Aiming to re-establish that connection, she began creating green nooks in her own balconies. Motivated by the appreciation she received, she started Urban Greenery, an innovative balcony decoration service that provides cost-effective balcony makeovers. "There's nothing worse than a bare balcony," she says.

MAKEOVER

BEFORE
DRAB DAYS
A four-feet-long, narrow area with a bare yellow wall and a couple of scattered planters.

AFTER
ARTSY TIMES
**STEP 1** Planter stands with angle brackets and shelves were created as per requirement and fixed on the wall. Leafy plants were then placed on them; to make it pocket friendly, upcycled bottles were also used as planters. A picket fence was then added to demarcate the green area from the sitting space.

**STEP 2** Easy maintenance, ornamental indoor plants like peace lilies, caladiums, coleus, ferns, spider plants, jade and marble queen money plants were grouped and placed based on their colours and leaf-size.

**STEP 3** The sitting area is a temporary arrangement, keeping Mumbai's weather in mind. The few additions, such as cushions, mats and benches, are easy to gather and remove without interfering with the look of the balcony.

"SOME PRETTY PLANTS, RUGS AND OLD LAMPS ARE ALL YOU NEED AND YOU'RE GOOD TO GO." *SHRADDHA BHATNAGAR*



TEXT BY NEHA MEHTA



home | fundamentals

## ORCHID *love*

For years, orchids have had a reputation for being expensive, high-maintenance divas. Now that they're so much easier to find (and afford) at florists and nurseries, we share stylish new ways to showcase these exotic beauties.

**DISH GARDEN**
Moth orchids (phalaenopsis), driftwood and rocks create a display that's both elegant and rugged. Remove orchids from the nursery pot, cover the roots with moistened sheet moss, and secure with florists wire (if needed). Use branch crannies and rocks to support the orchids. Pour a cup of water over root balls once a week. Brown Galvanised Iron Tray, ₹1,360, **Chopping Board**, joyjore.com

**PLANET ORCHID**
A trio of hanging spheres filled with pink moth orchids and sedum evokes an extraterrestrial garden. Tuck the nursery pots in peat moss, then cover it with a 1-inch-thick layer of potting soil for the sedum. Multipurpose Green Garden Hanging Basket, ₹999 (set of 6), **Trupha**, amazon.in

WATERING TIP

TO AVOID SOGGY ROOTS: PLACE ORCHIDS IN THE SINK, RUN WATER OVER THE ROOTS (AND GROWING MEDIUM ), AND LET DRAIN.

### ORCHID BASICS

A wide variety of orchids is readily available at nurseries. And, once you get them home, do not forget to keep these conditions in mind.

**LIGHT**
Orchids prefer bright, indirect light. Keep away from drafty windows.

**WATER**
Over watering is the most common mistake in orchid care. Water every 7 to 10 days—when roots just start to feel dry. (See tip above.)

**FERTILISE**
Feed once a month with an orchid fertiliser.

TEXT BY DIANA DICKINSON | PHOTOGRAPHS BY ADAM ALBRIGHT | PRODUCED BY JESSICA THOMAS AND SCOTT JOHNSON



home | problem solved

## SPACE *SAVERS*

Are you forever struggling to create extra space in your house? Try these handy tricks to carve out some additional storage.

BOX IT UP
Place a set of document storage boxes under your kid's narrow bed. Since these boxes have ample space, they are extremely handy and can hold all types of toys, books, artwork, shoes and many other knick-knacks. Available in various materials, such as plastic, metal and cardboard, they are very cost effective.

ABCD SYNDROME
US-based professional organiser Lorie Marrero's ABCD method is perfect for sorting a chaotic space. A: Items used daily; B: Items used weekly or monthly; C: Items used seasonally or rarely; and D: Items seldom or never used. Identify storage locations for each: A-level spots are at eye level and in the open; B-level requires minor effort to reach; C-level spots are less accessible; and D-level spots are out of sight.

PHOTOGRAPHS: ALAMY

OPEN-BRICK WALLS ADD A STATEMENT ELEMENT IN A KITCHEN AREA THAT IS CLUTTERED WITH LOTS OF **COLOURS** AND **TEXTURES.**

TAKE A SEAT
To maximise the seating capacity of a small dining table, create a wall banquette with hidden storage in a corner. The storage cubbies are perfect for storing kitchen appliances and high-end china.

HANG IN THERE
A narrow kitchen wall with horizontal bars and hooks becomes a handy utility area where you can hang pots, pans and spices.

FLOATING FORM
If you don't have enough space to store your wines, select an unused wall and attach a floating wine rack to it. Below this, you can add a small buffet (using a wooden plank instead of a cumbersome design) to store all the beverage requirements of your home—coffeemaker, glasses, mixers, artisan teas, etc.

PHOTOGRAPHS: MICHAEL LUPPINO (TOP)



TEXT BY NANDINI BANERJEE



food | basics

## how to speak Italian

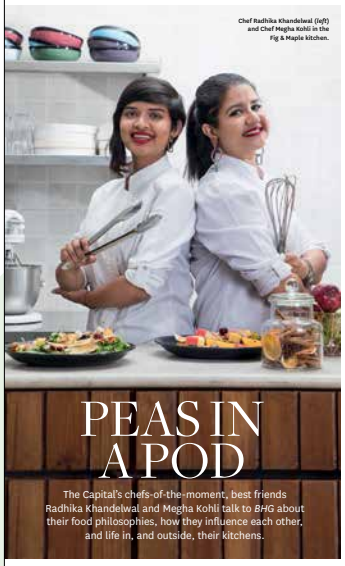
Even the most well-travelled are sometimes lost with pronunciations. Our Italian speak-easy helps you talk like a pro in no time.

BY STACEY MORRIS
PHOTOGRAPHS BLAINE MOATS

One of the fastest ways to learn Italian food terms (without travelling to Italy) is to visit restaurants that serve up authentic Italian cuisine. Don't shy away from ordering an entrée, such as Penne all'Arrabbiata, just because you haven't learned how to roll your r's. Use this list as a guide for learning how to pronounce some of the common terms found on Italian menus.

Consider that some Italian words give clues to their English counterparts, as with fritto and fried, risotto and rice, olio and oil. For other words, you'll have to rely on sheer memorization or word-association games. For instance, take pomodoro sauce that's made with tomatoes. It sounds a little like pom-poms. Hey, pom-poms are round, like tomatoes...get the picture! ■

▶ aglio ▶ pollo ▶ melanzana ▶ risotto ▶ insalata ▶ formaggio ▶ dolce ▶ olio



Chef Radhika Khandelwal (left) and Chef Megha Kohli in the Fig & Maple kitchen.

# PEAS IN A POD

The Capital's chefs-of-the-moment, best friends Radhika Khandelwal and Megha Kohli talk to *BHG* about their food philosophies, how they influence each other, and life in, and outside, their kitchens.

It was in 2016 that Radhika Khandelwal, founder of Delhi's popular Fig & Maple and Ivy & Bean eateries, stepped into another popular restaurant, Lavaash by Saby, for dinner. Megha Kohli, who was heading (and still does) the team there, joined her for a quick chat. What started with a conversation about food, moved on to, well, everything. It was an instant connection, and over the last year, the two have become close pals. From a shared passion for their work to helping each other with suggestions and feedback, their friendship has come a long way.

## THE BOND

"Though our cooking, plating styles and cuisines are different, we both love the adrenaline rush we get from a busy work day. And we rely on the other's advice," shares 28-year-old Megha. Both are rigid about perfection and intolerant towards any shortcomings in the kitchen. "Apart from that, we bond over clothes, Netflix, makeup and shopping. It's a beyond-the-food friendship," shares 30-year-old Radhika.

## BACK TO BASICS

The brainchild behind Ivy & Bean and Fig & Maple, Radhika's approach is all about celebrating local, indigenous produce.

**HOW IT ALL BEGAN**
Though Radhika has been fond of cooking since childhood, the moment that defined the course of her life came when she moved to Australia in 2006 to pursue courses in psychology and hairdressing, and began working part-time in a Melbourne restaurant. "I discovered my love for the culinary arts there. The frenetic atmosphere of a kitchen was something I hadn't experienced before," she recalls.

**TURNING THE TABLES**
Inspired by her love for Australian cuisine, Radhika opened Ivy & Bean, a picture-perfect book café in Shahpur Jat, Delhi, in 2013. But it was Fig & Maple, a restaurant in Greater Kailash 2 she launched last year, which is her dream venture. The menu here focuses on homegrown ingredients sourced locally, which take the form of exotic dishes presented in a contemporary and innovative style.

### RAPID FIRE

*A chef you admire*
Michelin-starred French Chef Dominique Crenn.

*The cuisine you love*
While I love all regional cuisines, coastal and pan-Asian have a special place in my heart.

*Favourite city for food*
San Francisco.

*A recipe you're obsessed with*
Mulberry Jus.

## FROM THE HEART

For Megha Kohli, the head chef of Lavaash by Saby, cooking is an emotional process.

### RAPID FIRE

*Chef you admire*
Chef Dominique Crenn. Chef Sabyasachi Gorai, however, is my biggest inspiration.

*Cuisine you love*
Pan-Asian.

*Favourite city for food*
New York and Singapore.

*A recipe you're obsessed with*
The Pide Pie at Lavaash. It's a Georgian bread boat filled with generous helpings of egg, cheese and bacon.

**HOW IT ALL BEGAN**
Megha has enjoyed being in the kitchen since the age of four; by 15, she was dabbling in Italian, Mexican and other cuisines with the help of her mom's cookbooks. "I feel one needs to be connected with the dish while making it, otherwise, it's a wasted effort," says Megha. "I always prefer using local ingredients. After all, why should we import them when we have superb local produce in our country?"

**IN THE LAVAASH KITCHEN**
After training under celebrity chef Sabyasachi (Saby) Gorai at The Olive Kitchen, Megha began her intensive research for Lavaash by Saby, a dine-out restaurant specialising in authentic Bengali-Armenian cuisine, with Chef Saby. For this, she visited Kolkata and even met Armenian families to get a better understanding of their culture and cuisine. Today, she helms the kitchen and looks after its entire operation. ■



TEXT BY **NEHA MEHTA** PHOTOGRAPHS BY **IRINA USOVA** CREATIVE DIRECTION BY **ANURADHA SEN**

*Master Class*
**EMBRACING QUIRKS**
*ESPECIALLY VINTAGE TILE*

Some things are better left alone, as Heather learned with the vintage mint green tile in the powder room, *right*. Making it work to her liking required nothing more than covering the rest of walls with a banana leaf pattern wall covering and adding a few signature touches. Foo dogs and blue milk glass dress up a basic sink, and a monogrammed hand towel swings from a ring of African glass beads hanging over a traditional sconce.

AN EASY-CHANGE OPTION: TRY A PEEL-AND-STICK WALLPAPER LIKE THE ONE HERE.

*Master Class*
**COMMITTING TO COLOR**
*A STUDY IN CONTRASTS*

The walls of the master bedroom, *left*, set the tone for the room's low-contrast colour combo. Shades of light blue, beige and white reappear in the painted trim, headboard and bedding to unify the space. The pillows—an array from Ivy and Vine, Heather's company that repurposes vintage textiles and furniture—use the colours in a mix of lively patterns that keeps the soft palette from feeling staid. Her daughter's room, *opposite*, goes the route of vibrant, high-contrast monochrome. Heather piled on hot pink, but kept things interesting by shifting scale and pattern between surfaces and adding lots of bright, clean white. The spotted wallpaper functions as a solid-seeming backdrop for a graphic curtain and abstract painting. ■

### TURN OVER A NEW LEAF

Find the botanical print for your style.

**THE WILD FLOWER**
₹3,120 per roll, Wallskin, *wallskin.in*

**LILAC FROLIC**
₹2,436 per roll, Marshalls, *fabfurnish.com*

**THE FOREST WALL**
₹3,120 per roll, Wallskin, *wallskin.in*

**BOTANICAL FANTASY**
₹9,965 per roll, D'Decor, *ddecor.com*

THIS PAINTING'S LARGE SCALE AND SOFT LINES BALANCE THE WALLPAPER'S DOTS.

**REIMAGINE EVERYTHING**
"It's a mistake to think something is supposed to be a certain way or can have only one use. We turn this teak coffee table on its side and have a fantastic console table."

**NEVER BE DONE**
"A done room is a dead room," says Barri, quoting author Alexandra Stoddard. Pillows and throws are her go-to change agents. Sofas are solid colours to accommodate frequent swaps.

"I'M DRAWN TO THINGS THAT SAY PUT YOUR FEET UP. I'LL TAKE IMPERFECT OVER FLAWLESS ANY DAY."

## BARRI'S DOS & DON'TS

**DO EMBRACE CHANGE**
"The cabinetry in my office was the colour of a tiki bar and trimmed in bamboo. I looked right over that and pictured creamy white. A coat of paint took the room from *Gilligan's Island* to Palm Beach. If the wood in your house is not making you happy, do something about it."

**DON'T BE AFRAID OF THE DARK**
"Some people think all the dark grey and chocolate brown in my home is dramatic, but I find it really cosy. The dark colours ground and sort of neutralise the bright pinks and yellows."

**DO PICK A SIGNATURE COLOUR**
"Our front door was an extremely gloomy brown. We painted it emerald green and allowed that green to carry the eye through our entire house by adding pops of it in curtains, pillows and artwork."

**DON'T FORGET ABOUT LIGHTING**
"I never really gave much thought to lighting until my pal Greg Jagmin told me to look up. Point taken! Now, I like to use fixtures that will cast beautiful shadows and reflections. The right light fixture can be a quick fix for a boring room."

**IF IT SPEAKS TO YOU, LISTEN**
"Each one is just some stranger's Sunday afternoon art project—but I fall for them every time," Barri says of the flea market flower paintings on her kitchen wall.

"FOCUS ON THE STORY YOU WANT YOUR HOUSE TO TELL. IS IT HAPPY? ARE THERE MEMORIES? IS THERE A SURPRISE OR TWO?"





# the dirt

## SHIMMER & SHINE

METALLIC-HUE FOLIAGE ADDS INSTANT SPARKLE AND HIGHLIGHTS NEARBY PLANTS.

TEXT BY MEGAN HUGHES
ILLUSTRATION BY EVA JULIET

**LIGHT UP THE SHADE**
Glowing like little lightbulbs in the garden, the reflective shine of silver- and bronze-coloured leaves illuminates shady areas: Corners, north and east sides of buildings, for instance. Conveniently, many of the metallic plants prefer shade, like brunnera, lamium and mottled trillium.

**KEEP IT SIMPLE**
When it comes to pairings, aim for a one- or two-colour palette. Silver works as the star of the show or a retiring background. (So your carnival-colour zinnias can shine.) Just know that as a background, silver plants intensify other plant colours, so it's best to stick to a simple palette. Too many flower and foliage colours paired with silver make for a muddled mess.

**BE WATER-WISE**
Many silver foliage plants have adapted to arid conditions, so they can withstand severe drought and wind. Tiny hairs covering these plants reflect the sun's rays, keeping the leaf surface cool and slowing evaporation. ■

**DEPENDABLE SHADE-LOVER**
JAPANESE PAINTED FERN (*ATHYRIUM NIPPONICUM 'PICTUM'*)

### SOFT & FUZZY

**Shiny plants add depth and velvety texture to any garden.**

**SILVER SAGE**
(*Salvia argentea*)
Grown for massive, fuzzy rosettes of foliage.

**DUSTY MILLER**
(*Senecio cineraria* 'Silver Carpet')
Striking velvety foliage offsets bright blooms.

**LAMB'S EAR**
(*Stachys byzantina* 'Silver Carpet')
Great groundcover for dry shady areas.

PHOTOGRAPHS, FROM TOP: SERGIO SCHMITZ; PETE SARMANTI; COLLIN PAYNE-MILLER

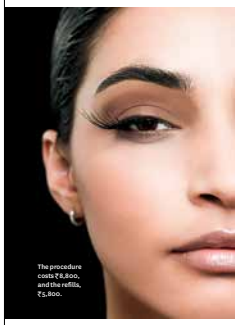
NO-FAIL COMBINATION
**SILVER + BLACK SURROUND A TROPICANNA INDICA BLACK WITH LENGTHS OF GLISTENING DICHONDRA VINES FOR A SIMPLE YET STRIKING CONTAINER DISPLAY.**





# LASH OUT

With several rumours floating around the concept of eyelash extensions, *BHG*'s beauty editor, **Nandini Banerjee**, tries to clear the air.



The procedure costs ₹8,800, and the refills, ₹3,800.

I have scant eyelashes, which even after double coats of heavy-duty mascara, remain limp. In the past, I have experimented with false eyelashes, with disastrous results. Amongst many things, I've attached them incorrectly; used glue on the inner corner of the eye; and been unable to bond the fake with my real lashes. So, when I got the chance to try NovaLash lash extensions, which are a bit more permanent and have an excellent track record, I was intrigued. Especially because eyelashes are a sensitive area and there are various myths surrounding extensions. Also, the US-based brand is famous for providing the toughest, most long-lasting ones, while being completely safe. After a long discussion with Sapna Bedi Khattar, the woman who brought the brand to India, I was ready to give it a go. The process was pretty basic. You lie down, almost still, and the technician applies a medical tape under your eyes. Slowly and steadily, he attaches the extensions onto the natural lashes; then dries the adhesive using a burst of cold air. The extensions have a long life—more than a month—and they fall as the natural lash, on which they sit, falls. In under an hour, I looked remarkably different. And this is what I learnt.

### 1 BREAKAGE OF NATURAL EYELASHES

This is a big cause for concern. But the fact is that when extensions are applied correctly on individual lashes, leaving 1 mm space from the roots, the lashes are not affected. The real lash falls only when its hair cycle is over. The difference is that because the extension has at least 2 to 3 strands on each lash, it looks as if multiple lashes have fallen (while the real lash falls as part of its natural cycle), leading to panic.

### 2 IRRITATION & ALLERGIC REACTIONS

Initially, after completion of the procedure, I had a bit of redness in my eyes, and getting used to the heavier lashes took about two days. However, there was no itching or tears even though I wear lenses. In fact, most beauty experts agree that if the quality of the extensions is poor or the technician is careless, the allergic reactions can be caused by the tape, adhesive, cleansers, primers and even the extensions themselves. So, it's imperative that you first check the credentials of the salon and the brand of extensions that they are using.

### 3 THINNING OF NATURAL EYELASHES

Since the lashes are not disturbed from the roots, their growth is not affected by lash extensions. However, once the extensions come off, the original lashes can look disappointing. It's this contrast that gives rise to the myth.

### 4 WEARING EYE MAKEUP

Only mascara is deleted from your kitty. Every other eye make-up can be applied. However, if you really want to apply mascara, make sure it's not waterproof and use a very good makeup remover, a water-based one and not an oil-based, since that weakens the adhesive.

### 5 TOUGH MAINTENANCE

All you need to do is avoid applying oil-based skincare products around the eyes as they have excessive glycolic acid. This weakens the bonds of the adhesive, causing the extensions to fall sooner. And you would want to keep them on for a long time. ■

PHOTOGRAPH: GETTY IMAGES

ROASTED ASPARAGUS AND SALMON

Into the oven and onto the table in 20 minutes—this streamlined, one-pan, one-bowl meal is genius! Smoky salmon, zippy red onions and briny capers punch up the asparagus flavour for a vibrant, brunch-worthy dish.

BATTERED ASPARAGUS AND HAM HOAGIES

Crisp Panko-crusted spears, bright mint leaves and a lemon-garlic aioli bring surprising upgrades to a favourite ham sandwich. Spatter-free oven-frying turns asparagus into crunchy fries while keeping them light and fresh.







# smooth OPERATOR

Did you know that a single glass of smoothie can work wonders for your skin and hair? Three experts share their go-to recipes.

**BLUEBERRY BANANA**

*By Dr Chiranjiv Chhabra, dermatologist*

"The antioxidants in this smoothie remove toxins from the body and provide healthy fats for the skin to stay moisturised from within."

- **2 cups frozen blueberries**
- **1 cup spinach**
- **1 banana**
- **½ avocado**
- **1 tbsp flaxseed**
- **¼ cinnamon**
- **½ cup almond milk**

Blend all for a wholesome, healthy breakfast.

**GREEN SMOOTHIE**

*By Dr Chiranjiv Chhabra, dermatologist*

"This smoothie is high in iron and helps cure haemoglobin deficiency. Haemoglobin carries oxygen for the growth and repair of the cells in the body and stimulates hair growth, too."

- **1 banana**
- **1 cup spinach**
- **1 cup almond milk**

Blend all to get a creamy, delicious smoothie. You can have it as breakfast or a mid-morning snack.

**AVOCADO HONEY**

*By Dr Blossom Kochhar, beauty expert*

"Avocado is excellent for dry skin and provides nourishment to both hair and skin. You can drink this in the morning, on an empty stomach."

- **1 avocado**
- **1 cup yoghurt**
- **1 tsp organic honey**
- **Handful oats or granola**

Blend avocado, yogurt and honey. Add ice cubes and water to adjust consistency. Pour in a tall glass and top with oats.

**ULTIMATE HEALTHY**

*By Kejal Sheth, nutritionist*

"This mix has natural sweetness. There's natural protein from yogurt and a good dose of vitamin C from pineapple."

- **1 cup mango chunks**
- **¼ cup Honey Granola**
- **¼ cup mixed berries**
- **1 cup fresh coconut water**
- **1 small elaichi banana**
- **¼ cup pineapple chunks**

Add fruits to coconut water, and blend until smooth. Pour in a glass, add granola and top up with a few chia seeds. ■

TEXT BY **NANDINI BANERJEE**





# shake it off

A pinch here, a dash there—know what salt really means for your health and learn to keep tabs on how much you're eating.

TEXT BY ALICE OGLETHORPE | PHOTOGRAPH BY MARTY BALDWIN

**MEASURE IT**

Ideally you should keep your daily sodium intake to around 1,500 mg (about ⅓ teaspoon). The American Heart Association says most healthy people can have 2,300 mg daily, but some—especially if you're older than 50—should stick to 1,500 mg. The main reason: Too much salt raises your risk for high blood pressure, which can increase your risk of stroke, heart disease and kidney problems.

**SNEAKY SOURCES**

Most of the sodium we get—about 75%—comes from restaurant meals and packaged foods. Big culprits include soup, frozen meals, salad dressing, cold cuts, bread, cereal and cottage cheese. Check labels to keep tabs. If you're eyeballing: 5% of the daily value (DV) (set at 2,400 mg by the FDA) or less sodium per serving (120 mg) is low in salt; 20% DV or more sodium per serving (over 480 mg) is high.

89% OF ADULTS EAT TOO MUCH SALT.

**THE TRUTH ABOUT SPECIALTY SALTS**

All types of salt have the same amount of sodium, but bigger granules (like those of sea salt and kosher salt) mean you get more flavour in one granule, so you can use less when sprinkling it on top of foods. And yes, specialty salts like Himalayan pink salts have minerals, but in such tiny amounts that you don't really get any health benefits.

**WHAT THE LOW-SALT CLAIMS MEAN**

Many packaged foods market lower-salt versions. Here are the definitions of the terms according to the US Food and Drug Administration:
Very low sodium: 35 mg of sodium or less per serving.
Low sodium: 140 mg of sodium or less per serving.
Reduced sodium: At least 25% less sodium than the regular product.
Light in sodium or lightly salted: At least 50% less than the regular product.

## GOOD TO KNOW

**THE IODINE FACTOR**

When buying table salt, get iodised. Your body needs iodine for thyroid health (the gland influences metabolism, growth and body temp) and, if you're pregnant, your baby's brain development.

**SALT SWAP**

One option if you're trying to reduce sodium intake when you're cooking at home: Low-sodium salt. It's a mix of sodium chloride (typical salt) and potassium chloride. This alternative tastes a little less salty.

**DON'T FORGET THE KIDS**

Pay attention to their salt intake as well. More than 90% of children ages 4 to 18 get too much sodium. The upper limit is 2,300 mg for them, too. ■

**EXPERTS** *Janet Brill, PhD, RDN, author of* Blood Pressure Down; *Melinda Johnson, MS, RDN, clinical associate professor at Arizona State University, US*





# letters from an artist

Hand lettering is the rage right now—the 'decorative drawing of letters' is being used on menus, café walls, posters, you name it. We teamed up with Vidhi Khandelwal, a hand-lettering artiste and founder of The Ink Bucket, for lessons.

TEXT BY MEGHNA MENON | PHOTOGRAPHS BY KARAN TAKULIA
CREATIVE DIRECTION BY ANURADHA SEN

Postcards for friends and family, artworks for your desk and more—the ideas are endless!

**HANDY HELPERS**

*Top to bottom:*
- Winsor & Newton watercolours
- Faber Castell paintbrush
- Pencil
- Tombow hard tip brush pen
- Micron marker

*Available at any reputed stationery store.*

## CREATE 3D LETTERS

**1. WRITE THE LETTERS** in upper or lower case in your handwriting. **2. DOUBLE ALL THE LINES** and the curves. **3. JOIN THE OPEN ENDS** and erase the overlapping lines. **4. TO CREATE A SHADOW,** pick one of the following: Left bottom, right bottom, left top or right top. Vidhi has picked the left bottom shadow style here. To replicate this, create lines to the left and the bottom of the alphabet and join them to create a shadow. **5. COLOUR THE SHADOW** and you are done!

**[ HOW-TO ]**

### GET IT RIGHT

**Vidhi helps you design the phrase 'Good Vibes Only'. Replicate it with this step-by-step guide.**

**1.** Take a blank postcard with a pretty border on it or paint your own. Use your free hand and follow the steps given under 'Create 3D Alphabets', up till Step 3, to draw the design given.

**2.** Fill in the word 'GOOD' with well spaced-out dots.

**3.** Keeping to the left bottom shadow format, neatly draw lines to the left and the bottom of the word 'vibes' and join them to create a shadow.

**4.** Colour in the bottom ¼" of each letter of the word 'ONLY'.

**5.** Now, fill the rest of the bottom ¼" of the same letters with horizontal lines that touch the edges.

**6.** Create a left bottom shadow for the word 'GOOD' and colour it in completely.

**7.** Fill in the shadow created for 'vibes' in Step 3. Again, using the left bottom format, create a line shadow for the word 'ONLY'—that is, draw short, unlinked lines. This is another form of creating a shadow. Draw cat's whiskers around the phrase and your postcard is ready. ■



# food

FRESH FROM YOUR KITCHEN

# Asparagus

ASPARAGUS RIBBON SALAD

This salad would be the hit of any brunch or a light dinner. Make a pesto of fresh peas and asparagus to enhance the subtle flavours of shaved asparagus ribbons, peas and arugula.

It's time for a fling with an old flame. Grab a bundle—green, purple or white—and fall in love all over again with these delicious spears in our quartet of innovative recipes.

TEXT BY SHERI CASTLE | PHOTOGRAPHS BY ANDY LYONS | RECIPES BY CHADWICK BOYD | FOOD STYLING BY GREG LUNA



# did you *know*?

Your spine isn't straight. It has three natural curves that help make it upto 10 times stronger.

## 4 EXERCISES FOR A HEALTHY BACK

So that you don't experience pain, strengthen and stretch key muscles using these moves from David Reavy, P.T., owner of React Physical Therapy in Chicago.

**1 KING COBRA**
Stretches upper back: Lie facedown on the floor with palms flat on the ground under shoulders. Bring right knee to side near hip. Rise up onto your palms, and squeeze shoulder blades together, feeling the stretch through upper back. For an added challenge, bend left leg up at knee. Hold for five seconds.

**2 FOREARM PLANK**
Boosts core stability: Start facedown on the floor and lift into plank position resting on your forearms with elbows directly below shoulders. Squeeze shoulder blades down and back. As you inhale, tense glutes and abs; exhale as if you're blowing out a candle. Hold for 20–30 seconds.

**3 STANDING BACKBEND**
Improves spinal flexibility: Stand straight, feet hip-distance apart. Press palms into your lower back, gently pushing your sacrum (the lowest part of your spine) slightly forward. Squeeze glutes and tilt your upper body back. Hold one count, release and repeat six to eight times.

**4 SCAPULAR RETRACTION**
Strengthens upper back: Hold a resistance band (or a towel) in both hands with arms extended straight overhead, palms facing forward. Lower the band behind you as far as you can in a controlled, slow motion while pulling it from both ends. Return to top and repeat. Do six to eight repetitions. ■

**SHOULD YOU SEE A CHIROPRACTOR?**

New treatment guidelines from the American College of Physicians give the green light to spinal manipulation as a treatment for acute or chronic back pain.

"It's usually done in conjunction with stretches or other exercises that boost mobility and give relief," says Andrew Bang, lead chiropractic physician with Cleveland Clinic's Wellness Institute, US. With spinal manipulation, a practitioner applies controlled force to joints in the spine. In addition to relieving tightness, the manipulation causes the release of pain-relieving endorphins.

Avoid spinal manipulations for the neck; there's a very small risk of developing a neck injury.
**DR CARLA FISCHER**

# PRODUCT PAGES

fresh | gifting

FOR BABIES, TODDLERS AND TWEENS

MAKES FOR A PERFECT DÉCOR ELEMENT IN YOUR LIVING ROOM AS WELL.

1. Shape sorting clock, ₹1,299, Brainsmith, *amazon.in* 2. Cap with teddy, ₹249, Bubbles, *hopscotch.in* 3. Pen stand, ₹599, Gifts By Meera, *giftsbymeera.com* 4. Unicorn lamp, ₹899, Big Small, *bigsmall.in* 5. NE Table Top Piano, ₹1,199, Hamleys, *flipkart.com* 6. Photo frame, ₹260, Two For Joy, *firstcry.com* 7. Organic cotton gift set (pack of 5), ₹3,500, Mi Dulce Ah!ya, *firstcry.com* 8. Mug, ₹249, DC Comics, *thesouledstore.com* 9.Water bottle, ₹499, Peekaboo Patterns, *peekaboopatterns.com* 10. 'One Christmas Wish' (book), ₹401, Bloomsbury, *amazon.in* 11. Plush toy, ₹599, Pinklay, *pinklay.com*. ■

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beauty | care

## rainy days & mondays

They always make me sing. With these fabulous monsoon beauty gems, you would be happy too. Go crush on them!

BY NANDINI BANERJEE

1. SCHWARZKOPF BC Smooth Perfect Shampoo, ₹799
2. THE BODY SHOP White Musk L'Eau, ₹1,995
3. AILA Cosmetics, Wheat Grass, ₹1,475
4. KIKO MILANO Active Fluo Eye Shadow Palette, ₹1,780
5. ORIFLAME Pure Skin Mattifying Face Lotion, ₹329
6. L'ORÉAL PARIS Infallible Sexy Balm, ₹499
7. ELEMIS Pro-Collagen Marine Cream SPF 30, ₹7,700
8. JUST HERBS Advanced Ayurvedic Pimple Treatment, ₹445
9. L'ORÉAL PARIS True Match Lumi Cushion Foundation, ₹1,350

*For more info, see Resources*

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fresh | gifting

## mom's new baubles

She's precious and deserves the best. This Mother's Day, surprise the most important woman in your life with sparkles that she will love.

BY NANDINI BANERJEE

PLATINUM Evara necklace, *pirevura.in*

FLORAL Dwarkadas Chandumal Jewellers earrings, *dojeweller.com*

DIAMOND-ROSE GOLD Entice bracelet, *entice.in*

SILVER Adawna Cuff, *sonaljewellery.com*

GOLD AND RUBY Caratlane pendant, *caratlane.com*

EMERALD Aurelle by Leshna Shah earrings, *aurelle.in*

LOVE KNOTS Mirari bracelet, *mirari.com*

BLACK Chalcedony Dillano earring, *dillano.com*

36 BETTER HOMES AND GARDENS | MAY 2017

*All prices on request*

food | nutrition

## it's TEATIME

Call it a health boost in a cup: Tea leaves contain antioxidants that can help protect against inflammation, heart diseases, diabetes and cancer.

TEA IS MADE FROM THE CAMELLIA SINENSIS LEAF. THE LEVEL OF OXIDATION DISTINGUISHES ONE TYPE FROM ANOTHER.

LOOK FOR BOOMY TEA BAGS. THEY ALLOW LEAVES TO UNFURL AND RELEASE MORE FLAVOUR AS THEY STEEP.

TRENDING

### MORE OF MORINGA

The raging superfood of 2018, given its anti-inflammatory powers, moringa is packed with antioxidants called flavonoids, making it equal to the strongest green teas—a single cup, made from fresh moringa tree leaves, is said to boost energy and provide mental clarity.

**WHITE** This pale, subtly sweet tea is the least oxidised (the process of allowing leaves to wither and air-dry after being picked), making it a rich source of antioxidants, like polyphenols. Studies show that they can help maintain good cholesterol levels and reduce inflammation. Early research also suggests that they may help prevent the growth of cancer cells.
**CAFFEINE COUNT**
15-20 mg per cup

**GREEN** A slightly more complicated drying process preserves green tea's intense colour and flavour. It also results in retaining a high concentration of polyphenols.
**CAFFEINE COUNT**
20-30 mg per cup

**BLACK** The leaves of this most oxidised tea are allowed to wither, and then rolled or crushed to start rapid oxidation. Its dark hue comes from a high concentration of theaurubigins and theaflavins—antioxidants that may lower cholesterol.
**CAFFEINE COUNT**
40-60 mg per cup

**OOLONG** Once withered, the leaves are gently bruised to spur oxidation, and then fired to remove more moisture. Oolong is partially oxidised, so that antioxidants, called flavonoids, form. Studies show that oolong tea can help stabilise blood sugar levels and also lowers the risk of diabetes.
**CAFFEINE COUNT**
30-50 mg per cup

**HERBAL BREWS**
Also known as tisanes, these aren't technically tea because they're made from dried herbs, not the Camellia sinensis leaf. Many have proven health benefits, like ginger (for nausea) and chamomile (for tummy troubles and irritable bowel syndrome-related symptoms).

**MATCHA** Matcha powder is the finely ground leaves of bancha, a shade-grown tea. You consume the leaves themselves, giving you a higher concentration of antioxidants than in a cup of steeped green tea.
**CAFFEINE COUNT**
25 mg per cup

PHOTOGRAPHS BAVNIK WOLFS

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beauty | fitness

## HOME WORK(OUT)

Don't let a busy schedule put your fitness routine on hold. Use these simple but effective tools to exercise anytime.

**RESISTANCE BANDS SET** Attach one or multiple bands to adjust the tension. A door anchor and ankle strap are included. ₹6,400, **Black Mountain**, *ebay.in*

FIVE BANDS MEAN YOU HAVE ALL THE LEVELS OF RESISTANCE YOU NEED.

**SOFT KETTLEBELL** Lift with it, or squat with it. This soft kettlebell is an easier-to-grip stand-in for the metal one. Plus, it won't scuff floors. ₹950 onwards, **Cap Barbell**, *amazon.in*

**JUMP ROPE** This durable, high-tech cable adjusts to accommodate a variety of heights. The weight of the cable in combination with the lightweight aluminum handles allows the rope to rotate easily. ₹3,047, **ONNIT**, *ubuy.co.in*

**SLIDEZ** These little tools turn any floor into a challenging core workout. One side is for carpet, the other for tile or wood. ₹2,979, **SKLZ**, *amazon.in*

[FIT IN 15]
These moves work your largest muscles, so you burn more calories in less time.

**BODY SQUATS** Stand with feet hip-width apart, arms at sides. Sit back, knees in line with toes, raising arms in front of you. Tense glutes as you come up. 15 reps.

**SIDE LEG LIFTS** Stand with hands on hips. Lift one leg out to side without touching the floor. Return to start and repeat. 15 reps on each side.

**ONE-ARM PLANKS** Get into plank position, elbows under shoulders. Lift left arm to shoulder height, hold briefly; lower and repeat on opposite side. Continue, alternating sides, for 60 seconds. ■

TEXT BY **ALYSSA SHAFFER** ILLUSTRATIONS BY **EDWIN FOTHERINGHAM** PHOTOGRAPHS BY **CARSON DOWNING**

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fresh | splurge

## quirkonomics

We're taking you to funky town! So, if you want to explore a different beat, loosen your purse strings and let one of these offbeat table lamps run the show.

COMPILED BY MEGHNA MENON

Budget Buy

CRAYON TABLE LAMP ₹1,600, Desi Jugaad, *desijugaad.co.in*

TEA PARTY TABLE LAMP ₹8,000, The White Teak Company, *whiteteak.com*

PIPE MAN LAMP ₹4,500, The Brighter Side, *amazon.in*

BICYCLE CHAIN LAMP ₹5,200, The Wishing Chair, *wishingchair.in*

ERRATIC LAMP ₹9,999, Best Chair, *bestchair.com*

THE COUPLET ₹6,974, The Purple Turtles, *thepurpleturtles.com*

CAROUSEL SERIES 06 ₹61,000, PortsideCafé, *portsidecafe.com*

CHEERFUL CHH LETTER LAMP ₹3,499, Sylvn Studio, *sylvnstudio.com*

GOLD RENT LIGHT ₹6,990, The Label Life, *thelabellife.com*

beauty | care

## stay OUT

It's time to enjoy the outdoors—all you need are a few handy helpers to take care of your skin. These eight picks will do the job well.

TEXT BY NANDINI BANERJEE

1 **SKINgenius Foundation Stick, Nykaa, ₹525**
WHY: A perfect match for any skin tone, it blends well and has SPF to keep tanning at bay. *nykaa.com*

2 **Back To Life Dry Shampoo, 88lunt, ₹550**
WHY: This is a quick fix to get back the lost volume due to dry weather. *amazon.in*

3 **Strobe Cream, M·A·C, ₹2,700**
WHY: This is a highlighter that blends well and provides a natural glow while keeping the skin hydrated. *nykaa.com*

4 **Facial Tonic Mist Pure Rosewater, Forest Essentials, ₹650**
WHY: To refresh and cool your skin when the afternoon sun acts up. *forestessentials.com*

5 **Ultime Pro Heavenly Lashes Mascara, Faces, ₹799**
WHY: This waterproof mascara features argan oil, which protects lashes from the dry winds of the season. *myntra.com*

6 **True Match 88 Cream, L'Oréal Paris, ₹699**
WHY: In natural light, you can't detect this lightweight BB cream that provides an even finish. *nykaa.com*

7 **Natural Sun Protection, Kama Ayurveda, ₹1,350**
WHY: It heals, hydrates and provides ample SPF coverage. *kamaayurveda.com*

8 **Lip & Cheek Velvet Stick, The Body Shop, ₹995**
WHY: It provides just a hint of colour, and in sunlight adds a sheen to give you natural-looking rosy cheeks. *thebodyshop.in*

food | good to buy

## BLEND IT LIKE A PRO

This summer, get the most out of your fruits and vegetables with our pick of juicers and blenders.

**MYBLEND 250-WATT BLENDER** Portable and stylish, it is spill-proof and occupies minimum space. ₹2,695, **Oster**, *amazon.in*

**PULPMIX 800-WATT JUICE EXTRACTOR** Its large tube allows you to add bigger pieces of fruit and veggies. ₹4,999, **Boss**, *bossindia.com*

BUDGET BUY

**HAND PRESS JUICER** This high-quality aluminium, single-press equipment can juice citrus fruits, with no wastage. ₹1,195, **JetKing**, *amazon.in*

**NUTRIBLEND** With this offering, you can drink smoothies with all the nutrients intact, directly from the jar. ₹5,000, **Wonderchef**, *wonderchef.in*

**4 SPEED DIAMOND BLENDER** Available in 10 colours, it can power through all ingredients—ice cubes, soft fruits, even extra thick milkshakes. ₹14,300, **KitchenAid**, *kitchenaid.in*

**MAXIMUM EXTRACTION JUICER** Its additional reverse speed helps unclog food during extraction. ₹34,990, **KitchenAid**, *kitchenaid.in*

**SLOW JUICER** This one uses minimum heat to extract maximum juice, without the seeds. ₹16,995, **Prestige**, *prestigesmartkitchen.com*

**NUTRIBULLET PRO** Compact and easy to assemble, it has exceptional nutrient extraction power, and a hassle-free clean-up. ₹11,999, **Nutribullet**, *nutribulletindia.com*

PHOTOGRAPHS GREG CHERNIAWSKI (NUTRIBULLET PRO)

COMPILED BY **MEGHNA MENON**

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living | entertaining

**GOURMET GAME CHANGERS** Step away from the ketchup and mustard. These top-notch relishes take ordinary hot dogs to a scrumptious new level.

## 3 SUPER SIPS

BHG recommends these wallet-friendly wines (sold nationwide). SPARKLING Chandon X Manish Malhotra Brut, ₹1,450; RIESLING Sula, ₹750; and CABARNET-SHIRAZ Four Seasons Vintners Reserve Select Barrels, ₹1,500.

[TOP IT]

## HOT DIGGITY

**Delicious ways to upgrade your franks.**

**1 BÁNH MÌ STYLE**
Spread mayo on buns. Top hot dog with shredded carrots, shaved cucumber slices and mint. Drizzle on a dressing of vinegar, sugar, soy sauce and Asian sweet chilli sauce.

**2 PLUM TAPENADE**
Combine fresh plums, olives, red wine vinegar, olive oil, parsley and orange zest.

**3 COBB STYLE**
Top avocado, tomato, lettuce and bacon with a dressing of buttermilk, yogurt, basil and garlic.

**4 APPLES + WHITE CHEDDAR**
Top with diced green apple tossed in mayo and mustard, plus shredded white cheddar cheese and arugula.

Extra credit: Boil the dogs in apple juice.

## SET THE MOOD

**CANDLELIT GLOW**
Group tea lights in holders, top, for twinkling colour. ₹339 each (with options for colour); at *pepperfry.com*

**BRANCHING OUT**
String lights wrapped in greenery enhance the romance, above. *See right* for instructions.

**STATEMENT PIECE**
Hang paper lanterns in a cascading bouquet. Attach each globe to fishing line, gather and hang. ₹699 (for 10); at *amazon.in*.

[MAKE IT]

## LIT GARLAND

**Greenery-wrapped string lights are festive and easy.**

**WHAT YOU NEED**
Outdoor string lights, florists wire and silver dollar or seeded eucalyptus. Easily available at florists and grocery stores. Three bunches will cover a standard 12-foot string.

**WHAT YOU DO**
Attach sprigs of eucalyptus to the lights by wrapping florists wire around the cord.

**GOOD TO KNOW**
Eucalyptus stays fresh for about two weeks if stored indoors, out of direct sunlight.

**₹300 PARTY PERCHES**
Short on seating? These Easydry Foldable-Anti-Slip Stools For Outdoor Camping Hiking (at *amazon.in*) are a steal. They fold flat and don't take up much space. Cute and convenient. ■





home | style made simple

### THE MAGIC SPELL

My home measures 500 sq ft, but don't let its size fool you. There's a cosy living room with sleeping space for three, a secret hammock hideaway where I can read at night, a master bathroom with a bathtub, a bedroom with two workstations, and a drying area modified into a laundry room—perfect for my husband, our two cats and me.

# *GOOD THINGS,* small packages

**RUKMINI RAY KADAM,** founder of the popular blog Trumatter, says that creativity and planning are all you need to transform a space. She did, with her 500-sq-ft Mumbai flat. You can too.

How do you make it work?" everyone asks. "In a 500-square feet flat? All white, with two cats, in Mumbai, which is practically a dust bowl?" To be honest, I can understand the incredulity. I still remember that damp day back in June 2008 when I stepped into my tiny, 1-room/kitchen in Andheri West, Mumbai. I could have cried as I beheld the dismal scene before me—a tube light flickering away across a shabby space, furnished only by a mattress, a speaker and a hot plate. I briefly wondered if I'd made the greatest mistake of my life by taking up this apartment. But then, my doubts disappeared, and I began to see the room for what it could be. And that alone made a world of difference.

You see, a good-looking home exuding comfort and tranquillity has little or nothing to do with its carpet area. It is my belief that a small house can be a stunning one too, with enough space to fit the world in it. In the next few months, I brought in a bed with a backlit headboard (for additional light), a sofa cum bed and a reading table (that served as an entertainment desk, too) with a chair. In a corner, I placed a yellow-light lamp, which instantly spread a warm hue. And just like that, the space was transformed into a cheerful, open room. It was my Ship of Theseus!

Over the following years, I moved homes quite a few times, deliberately choosing small spaces, yet always managing to create a warm, inviting home. Truth is, a few clever decisions and a little bit of creativity can make even the smallest space brim with life.

PHOTOGRAPHS: RUDRA SAYAGAR

## *MY TINY CASTLE*

**Like all magic tricks, it's what the eyes see. All you need to do is choose your colour scheme, furniture and setting wisely.**

### LIVING ROOM

Though our living room plays the role of a den, dining room, guest room, my husband's gym, my studio, and more, the 200-square-feet area doesn't feel cluttered. Instead, it's cosy. How? The first thing we did was choose a white theme since the colour reflects light and gives an illusion of space. Second, we selected furniture with dual functionality—our day bed has storage space and our sofa transforms into a bed. Third, we painted the furniture—apart from a few accent pieces—white, like the walls, reinforcing the feeling of openness. And last, we arranged the room in a way that allows as much natural light as possible from our two huge French windows. Our dining table is placed against one of them. The view is lovely!

### BEDROOM

We used the same techniques in our 100-square-feet bedroom—painted the two desks and cupboard in the same shade as our walls, used the window as a headboard for our queen-sized bed, and added soft furnishings to bring in an element of texture to an otherwise plain room.

### THE HAMMOCK HIDEOUT

We fell in love with this house mainly because of the view it offers and its many balconies. To take full advantage of the vista from our bedroom balcony, I added a full-sized hammock, some overhead lights, a table, chairs and a few plants. Lo and behold! I had my very own boho-chic retreat.

"WE PAINTED THE FURNITURE WHITE—APART FROM A FEW ACCENT PIECES—LIKE THE WALLS, REINFORCING THE FEELING OF OPENNESS."





living | better living

## HOME

This is where it all begins. In fact, there are tons of little things we can do in our homes that play a part in reducing landfill waste, cleansing the air and preserving the natural landscape. Here are some of the choices.

**ENERGY SAVERS!**

**Switch to CFL bulbs.** Changing all your light fixtures to CFL bulbs (after the originals have burned out, of course) helps as these last much longer and take less energy for the same amount of brightness. For instance, if you use 60W light bulbs normally, you can get your hands on a CFL that will use around 15W.

**Use VOC-free paints.** Volatile Organic Compounds (VOCs) are solvents that get released into the air as the paint dries and are harmful to your health as well as the environment. If you want to paint your walls, opt for VOC-free, low-VOC or natural paints instead—check the labels for details.

**Upcycle furniture.** 'Shabby chic' has been in trend for a while and it doesn't seem to be going anywhere. So, upcycle your antiques—it also keeps them from reaching the landfills. If you must buy furniture, opt for sustainable options, like those made of recycled wood or bamboo, upholstered in organic cotton and stuffed with sustainable fibres.

**OUR SELECTION!** Cutting-edge infrastructure, backed with advanced machinery and technology, facilitates **Inclivig** to create skilfully eco-friendly products, like this Romeo Pouf. *inliving.com*

**Create your own green cleaners.** There's almost nothing that vinegar and baking soda will not clean. Use one part vinegar and one part water in a spray bottle to clean hard water spots, and one part baking soda and one part water to scrub showers, sinks and floors. Vinegar can make your mirrors sparkle while baking soda cleans your toilets wholly.

**Donate what you don't need.** Before you throw out old clothing, furniture, books or utensils, consider donating them to a local donation centre or NGO. You never know what someone might consider as treasure.

**Use natural air fresheners.** Light a candle in the middle of a bowl of fresh coffee beans and allow them to get warm. Or make your own perfume spray by adding 10 to 12 drops of essential oils to water in a spray bottle.

**Conserve water.** Fix leaky pipes or running toilets. Fill up a 1-litre bottle with water and place it in your flush tank—this will ensure that less water is used when you use the flush.

**DIY STAIN REMOVER**
Mix white vinegar, baking soda, oxygen bleach, hydrogen peroxide, lemon juice and natural soap in a bottle. And remember to keep the stained cloth in full sun.

**1.6** lakh litres of water are saved when a family of 4 installs a low-flow shower head.

PHOTOGRAPHS: SHUTTERSTOCK (NEW TRAIL FIRE.)

## KITCHEN & FOOD

Going green in the kitchen is much more than buying organic or farm-fresh foods. It's also changing the way you cook, clean and live. The best part: This is one of the easiest places to start.

**A SIP FOR THE WORLD!** Earthenware, like this mug here, is a more eco-friendly option than plastic cups. Serve hot tea in this MBC mug ₹308, at *flipkart.com*

**CHOOSE YOUR COOKWARE WISELY.** Don't be afraid to invest in high-priced but good and sustainable cookware that will stand the test of time. Ditch Teflon and opt for stainless steel or cast iron. This will, in the long run, save you money by not inviting replacements often.

**1%** of plastic bags are recycled worldwide.

**THIS SET OF HANDMADE, CAST IRON PANS BY ZISHTA IS AN ECO-CONSCIOUS CHOICE. ₹2,420, AT *AMAZON.IN***

**Organic produce** doesn't use any chemical pesticides that can harm our **ecosystems**. So, buy organic products and food, whenever you can.

**Use your kitchen scraps.** Fruit and vegetable peels can be used to make soups; coffee grounds as exfoliants, bread crusts turned into croutons or bread crumbs and meat bones ground to make soil manure. So, think twice before you dump your kitchen waste. If you're still left with some, simply compost!

**Don't throw away leftovers.** Turning leftovers into creative meals saves you from using another day's produce and from keeping what you've cooked from reaching the landfills. Just freeze leftovers and use when you want.

**Shop locally.** Pre-packaged food goes through many levels of processing—from the farm to the table. Moreover, you pile up plastic containers that come with them. So, skip pre-packaged food and instead shop locally at farmers' markets. Buy meat directly from the butcher and stock up on bulk groceries and unwrapped produce to avoid packaging materials.

**Cut your food into smaller pieces.** Cooking these takes a lot less time and you'll save on time, gas and energy in the process.

**Ditch plastic and paper.** From straws and bags to cutlery and bottles, switch to glass or stainless steel—fewer chemicals are likely to get in. Silicone muffin moulds don't require paper or plastic liners and work great. Turn old clothes into cleaning cloths.

**Carry reusable bags.** Keep one or two in your bag always. You cut down massively on new plastic bags with each shopping trip.





special

**10** Hang a zinc or galvanised metal tray as a magnetic board. Then create an interchangeable display of family photographs and children's artworks.

**11** To give your walls a chic makeover, replace simple beige, cream or white walls with interesting shades like berry, aubergine or deep ochre. It depends on the shades of your furniture; so, choose one that is more dramatic.

**12** Add vertical stripes in complementing shades, like a light beige with a dark beige, to a headboard. For your dining space, paint a white wall with vertical stripes in black or navy blue.

**13** This year is dominated by deep coloured walls in the library, den and living spaces. Another dramatic look is a raw concrete style.

**14** Though wall paints are cheaper than wallpapers, they will need to be highlighted with artwork, frames or mirrors. A wallpaper, though, adds the necessary design element that a space needs. So, it's more cost effective!

**15** Amongst wallpapers, bold prints are in globally. These are followed by big florals, patterns in kid's rooms and vintage designs that give a bit of a filled-up look rather than looking plain or self-textured.

**16** Choose a wallpaper that adds to the language of the space and its furniture in an integrating manner rather than taking away from it. If it looks forced, it will end up looking like a wrapping paper!

**17** Scout for multi-purpose home products for awkward corners. A ladder-shaped wall shelf can be used as a book shelf in a living room or as a shoe rack-cum-coat hanger for the entryway. Buy DIY furniture that can be dismantled or moved to new spaces.

**18** Use decoration items on an empty wall or cover the space with a bookshelf. Decorative wall clocks and quirky posters are also good options for beautifying a negative space.

**19** Vacant spaces can be utilised with the help of partitions. A bean bag or even a centre table can also transform such vacant spaces into cosy nooks.

**20** Buying online is actually easy. Just do ensure that the product you buy fits the space without really filling it. The size of the product should be appropriate to the size of the area that you want to fill. A large wall decal, which takes up the entire wall, is not a very good idea. Also, avoid buying dark-coloured home décor products online.

**21** "To buy the right product online, check the dimensions and read the description, so that you know the quality of the item better."
—NITIN KOCHHAR, VP-CATEGORIES, SHOPCLUES

PHOTOGRAPHS: ARELI LUCKERMANN

**22** TAKE OUT YOUR GRANDMA'S TRADITIONAL VASES MAKING BOTANICAL OR ANIMAL PRINTS

**23** Utilise the area under staircases by placing shoe racks or smaller cabinets there.

**24** Negative space walls can be highlighted using light shades, such as pastels, whites or greens. These will actually help make the space look much brighter.

**25** Think bright greens, orange, sea green, teal, turquoise, navy, mustard, pink, hazelnut and other neon shades for upholstery.

**26** Upholstery fabrics that are in trend include faux fur, velvets and cottons. Amongst patterns, designs inspired by nature and its surroundings like birds, butterflies, flowers and botanical patterns are currently ruling the charts.

**27** "Whimsical décor means 'altering or breaking the rules'. So, be confident when playing with such a look as the choices are different and may not get with your personality."
—ABHISHEK KATHURIA, DESIGNER-FOUNDER, MARIGOLD FURNISHERS

# SECRETS

We got 15 of the most experimental chefs to share **HEIRLOOM RECIPES** that are rich with memories and inspiration.

BHG special

Winner of multiple awards, **Chef Manish Mehrotra**, who launched Indian Accent in New Delhi in 2009 and in London last year, calls his cooking style 'inventive Indian'.

KEY PLAYERS

WHOLE CUMIN WASABI PASTE PEANUT BUTTER

**INGREDIENTS**

**For beetroot tikki:**
- 100 gm boiled beetroot, grated
- 20 gm boiled potato, grated
- 30 gm peanut butter
- 2 gm whole cumin
- 5 gm ginger, chopped
- 5 gm garlic, chopped
- 2 gm green chillies, chopped
- 2 gm coriander leaves, chopped
- 2 gm garam masala
- 2 gm chaat masala
- Salt to taste
- 20 ml refined oil
- 30 ml tempura batter
- 60 gm Panko bread crumbs
- Refined oil
- 3-4 caper

**For wasabi chutney:**
- 50 ml mayonnaise
- 5 ml wasabi paste
- Salt to taste

**PREPARATION**

1. To make tikki: In a heavy bottom pan, heat oil and crackle cumin. Add garlic, ginger and green chillies, and sauté.
2. Add beetroot and cook for 2 minutes. Then add potato, garam masala and chaat masala, and mix.
3. Take it off the fire, adjust seasoning and mix in coriander.
4. Let mixture cool, and divide it into several parts. Take one part, put a dollop of peanut butter and close it to form a patty. Lightly coat patty with tempura batter; cover with bread crumbs. Repeat with rest.
5. Place in the grill and cook till golden brown.
6. To make chutney: In a bowl, mix mayonnaise with wasabi paste and adjust seasoning.
7. To serve, arrange grilled tikki on a serving plate, drizzle with wasabi chutney and garnish with capers.

**PEANUT BUTTER AND BEETROOT TIKKI WITH WASABI CAPER CHUTNEY**

The dish, inspired by the traditional Ukrainian dish Tsvikili, is made with grated beetroot, horseradish, sugar, salt and vinegar. Manish has made it a winner by adding crunchy peanut butter and pungent wasabi to the sweet-tasting beetroot.

"ONCE, DURING MY COLLEGE DAYS, I ATE A TERRIBLE BEETROOT SALAD, AND SINCE THEN HATED IT. BUT AFTER EATING BEETROOT IN SOME OF THE BEST RESTAURANTS AROUND THE WORLD, I DECIDED TO CREATE THIS DISH—IT HAS CHANGED MY OUTLOOK."



Chef **Vikas Khanna**, ranked 6th amongst the 'Top 10 Chefs in the World' by US's *Gazette Review* (2017). His New York-based restaurant Junoon has received multiple Michelin stars.

KEY PLAYERS

GARLIC ROSEMARY

**INGREDIENTS**
- 450 gm yam, peeled and cut into thin wedges
- 12 onions, peeled
- Salt, to taste
- 1 tbsp ground cumin seeds
- 2 cloves garlic, crushed
- 2 apples, cut into thin wedges
- 1½ cups vegetable stock
- 2 sprigs rosemary, coarsely chopped

**PREPARATION**

1. Preheat the oven to 170°C.
2. In a bowl, put together yam, onions, salt, cumin seeds, garlic cloves and apple wedges, and toss them well. Now, arrange them in layers in a shallow ovenproof baking dish.
3. Evenly pour vegetable stock over the yam mixture, and bake for about an hour or more until the top is brown, and the yams are soft and cooked through.
4. Garnish with rosemary, and serve.

**SLOW COOKED YAMS WITH APPLES**

Since sweet potatoes are similar in taste and texture, and are more easily available, they can be used in place of yams. While using yams, always make sure to thoroughly scrub them before cooking.

"THE RECIPE BRINGS BACK MEMORIES OF THE FESTIVE FAMILY TABLES WHERE I COOKED THIS IN LARGE QUANTITIES. ADDING CHILLI FLAKES LENDS A CONTRASTING FLAVOUR TO THE SWEETNESS OF YAMS AND APPLE."

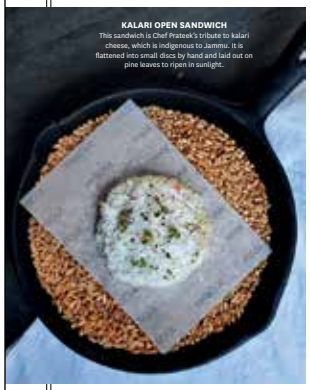


BHG special

Executive chef at the path-breaking Masque in Mumbai, Chef **Prateek Sadhu**'s cooking often sees him undertake foraging trips to the interiors of the country.

**KALARI OPEN SANDWICH**

This sandwich is Chef Prateek's tribute to kalari cheese, which is indigenous to Jammu. It is flattened into small discs by hand and laid out on pine leaves to ripen in sunlight.



**INGREDIENTS**
- 30 gm kalari (*available at himalayancheese.com*)
- 15 gm avocado
- 20 ml lime
- 10 gm cilantro
- 5 gm salt
- 3 gm mustard
- 20 ml oil
- 10 ml apple cider vinegar
- 20 gm tomatoes
- 50 gm basil

**PREPARATION**

1. Grate half the kalari cheese using a microplane grater, and spread on top of a hot pan. Let it bubble, and flip it till it becomes a crisp. Cut into shape using a round cutter.
2. Meanwhile, purée avocado, lime, cilantro and salt. Mix in mustard, oil and vinegar to make a dressing.
3. Now, blanch tomatoes by making an 'x' just skin-deep. Put into boiling water just until the skin begins to loosen, then dunk into ice water to stop the cooking process. The skin should be loose enough to peel right off. Peel and finely chop the blanched tomatoes.
4. To plate, spread the avocado purée on top of the kalari crisp. Place chopped tomatoes on top of the purée and drizzle the dressing over it. Garnish with basil. Using the microplane grater, grate the rest of the kalari cheese on top of the tomatoes, ensuring that the entire crisp is covered with cheese.

KEY PLAYERS

KALARI CHEESE AVOCADOS

"KALARI WAS A STAPLE SNACK DURING MY CHILDHOOD, SAUTÉED WITH SALT AND CHILLI, OR EATEN BETWEEN BREAD."

**Chef Ritu Dalmia** brought Italian fine dining to India in 2000 with the opening of DIVA, which quickly rose to become one of Delhi's most popular restaurants.

"THIS IS MY FAVOURITE PASTA FOR THE SUMMER. THE TOMATO-CHEESE MIX IS SOMETHING THAT I ALWAYS INCLUDE IN MY MENUS."

**INGREDIENTS**
- 200 gm cherry tomatoes
- 50 ml extra virgin olive oil, plus extra
- 1 packet tagliolini or spaghetti
- Handful of fresh oregano or thyme
- 2 cloves garlic, minced
- 2 dry red chillies, broken in half
- 100 gm fresh ricotta
- Salt and pepper, as per taste
- Parmesan, grated

**PREPARATION**

1. Preheat the oven to 200°C. On a foil-lined baking tray, arrange cherry tomatoes with a few drops of olive oil and a sprinkling of salt. Roast till the skins of the tomatoes blister, about 15 minutes.
2. Cook pasta in abundant boiling, salted water.
3. In a shallow non-stick pan, heat olive oil over medium heat, add garlic and chillies and cook till garlic becomes slightly brown. Add roasted cherry tomatoes, oregano and little bit of water (from the other vessel) in which pasta is being cooked. This water helps the sauce to 'marry' the pasta so that the two amalgamate well rather than becoming either sticky or too watery.
4. Cook pasta till al dente, drain and add to the pan with cherry tomato sauce. Add ricotta, season with salt and pepper, mix well and remove from the heat right away.
5. Serve with a drizzle of olive oil and sprinkling of parmesan.

**PASTA WITH FRESH CHERRY TOMATOES AND RICOTTA**

According to Chef Ritu, when the cherry tomatoes are roasted, their sweetness becomes concentrated. And when the crumbly, warm ricotta is added, the blend is just sensational.

KEY PLAYERS

CHERRY TOMATO RICOTTA CHEESE FRESH OREGANO

Sports Illustrated
Group A
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EGYPT
URUGUAY
Group B
PORTUGAL
SPAIN
MOROCCO
IRAN
Group C
FRANCE
AUSTRALIA
PERU
DENMARK
Group D
ARGENTINA
ICELAND
CROATIA
NIGERIA
Group E
BRAZIL
SWITZERLAND
COSTA RICA
SERBIA
Group F
GERMANY
MEXICO
SWEDEN
SOUTH KOREA
Group G
BELGIUM
PANAMA
TUNISIA
ENGLAND
Group H
POLAND
SENEGAL
COLOMBIA
JAPAN
GROUP A
GROUP B
GROUP C
GROUP D
GROUP E
GROUP F
GROUP G
GROUP H
ROUND OF 16
QUARTERFINALS
SEMIFINALS
THIRD PLACE
THE FINAL
FIFA WORLD CUP RUSSIA 2018
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Answer this question, tag 3 other friends and stand a chance to win our Christmas hamper!